

FOCUS CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7am	<u>7.00-7.45</u>	<u>7.00-7.45</u>			<u>8.00-8.45</u>	<u>8.30-9.15</u>	
8am	MONDAY MOTIVATION OLLIE <u>9.15-10.00</u> RIGROX JAKE <u>9.00-9.45</u> TRX LAURA	ROCKET YOGA ISIE <u>8.45-9.30</u> BARRE FLICK <u>9.15-10.00</u> RIGROX JAKE <u>9.30-10.15</u>	<u>7.30-8.15</u> INDOOR CYCLE ED <u>8.30-9.15</u> INDOOR CYCLE ED <u>9.00-9.45</u> RIG FIT - CORE LAURA <u>9.30-10.15</u>		FULL BODY FOCUS STEFANIA <u>8.00-8.45</u> INDOOR CYCLE OLLIE <u>9.00-9.45</u> LEGS, BUMS & TUMS FLICK <u>9.00-9.45</u> RIG CIRCUITS GYM TEAM <u>9.00-9.45</u>	INDOOR CYCLE JACQUELINE <u>8.30-9.15</u> FOCUS CONDITIONING OLLIE <u>9.30-10.15</u> FOCUS SCULPT JACQUELINE <u>9.30-10.15</u> INDOOR CYCLE OLLIE <u>10.30-11.15</u> LEARN TO LIFT HOLLY <u>10.30-11.30</u> HATHA YOGA ISIE	<u>9.00-10.00</u> HATHA YOGA GABBY <u>9.30-10.15</u> DANCERCISE STEFANIA <u>9.30-10.15</u> INDOOR CYCLE ED <u>10.30-11.15</u> PILATES STEFANIA <u>11.00</u> 3K RUN CLUB ED <u>11.30-12.15</u> FOCUS SCULPT JACQUELINE (BI-WEEKLY)
9am				<u>8.00-8.45</u> CALISTHENICS HOLLY <u>9.00-9.45</u> BARRE FLICK <u>9.15-10.00</u>			
10am	<u>9.00-9.45</u> FOCUS SCULPT ALI <u>10.00-10.45</u> STRETCH & TONE ALI	INDOOR CYCLE JULES <u>9.45-10.30</u> PILATES FLICK <u>10.30-11.15</u>	<u>10.30-11.15</u> FOCUS CONDITIONING FLICK	<u>10.00-10.45</u> STRETCH & TONE FLICK	<u>10.00-10.45</u> PILATES FLICK <u>11.00-11.45</u> PILATES FLICK		
11am							
12pm	<u>12.00-12.45</u> INDOOR CYCLE OLLIE	TRX JAKE	<u>12.00-12.30</u> HIIT CIRCUITS GYM TEAM <u>2.00-2.45</u> PILATES JULIA	<u>12.00-12.45</u> HATHA YOGA ISIE			
1pm							
2pm							
3pm		<u>5.15-6.00</u> INDOOR CYCLE OLLIE <u>5.30-6.15</u> LEARN TO LIFT HOLLY <u>6.15-7.00</u> CORE, STRENGTH & TONE YOGA NATASHA <u>7.05-7.50</u> HATHA & MEDITATION YOGA NATASHA					
4pm	<u>4.00-4.45</u> RIG STRENGTH ED		<u>5.15-6.00</u> TRX JAKE				
5pm				<u>5.15-6.00</u> DANCERCISE STEFANIA <u>6.05-6.50</u> BARRELATES STEFANIA			
6pm	<u>6.10-6.55</u> HIIT BOXFIT ED <u>7.00-8.00</u> VINYASA YOGA MADDY		<u>6.15-7.00</u> FOCUS SCULPT JULES <u>7.15-8.00</u> PILATES STEFANIA				
7pm							