

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 <u>9.00-9.45</u>	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 JULES <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>10.00-10.45</u> STRETCH & TONE FLICK			
11am				<u>12.00-12.45</u> HATHA YOGA ISIE			
12pm							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							