

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	ROCKET YOGA ISIE <u>8.00-8.45</u> KETTLEBELLS JAKE <u>8.45-9.30</u> BARRE FLICK	<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		FULL BODY FOCUS STEFANIA <u>8.00-8.45</u> INDOOR CYCLE OLLIE <u>9.00-9.45</u> LEGS, BUMS & TUMS FLICK	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> CALISTHENICS HOLLY <u>10.30-11.30</u> HATHA YOGA ISIE	
9am	<u>9.00-9.45</u> TRX LAURA	<u>9.15-10.00</u> RIGROX JAKE <u>9.30-10.15</u> INDOOR CYCLE JULES <u>9.45-10.30</u> PILATES FLICK	<u>9.30-10.15</u> FOCUS SCULPT JULES <u>10.30-11.15</u> FOCUS CONDITIONING FLICK <u>12.00-12.30</u> HIIT CIRCUITS GYM TEAM <u>2.00-2.45</u> PILATES JULIA		<u>9.00-9.45</u> BARRE FLICK <u>9.15-10.00</u> RIG CIRCUITS JULES <u>10.00-10.45</u> STRETCH & TONE FLICK		<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)
10am	<u>9.00-9.45</u> FOCUS SCULPT ALI	<u>9.30-10.15</u> INDOOR CYCLE JULES <u>9.45-10.30</u> PILATES FLICK	<u>9.30-10.15</u> FOCUS SCULPT JULES <u>10.30-11.15</u> FOCUS CONDITIONING FLICK <u>12.00-12.30</u> HIIT CIRCUITS GYM TEAM <u>2.00-2.45</u> PILATES JULIA		<u>9.00-9.45</u> BARRE FLICK <u>9.15-10.00</u> RIG CIRCUITS JULES <u>10.00-10.45</u> STRETCH & TONE FLICK		<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)
11am	<u>10.00-10.45</u> STRETCH & TONE ALI	<u>9.30-10.15</u> INDOOR CYCLE JULES <u>9.45-10.30</u> PILATES FLICK	<u>9.30-10.15</u> FOCUS SCULPT JULES <u>10.30-11.15</u> FOCUS CONDITIONING FLICK <u>12.00-12.30</u> HIIT CIRCUITS GYM TEAM <u>2.00-2.45</u> PILATES JULIA		<u>9.00-9.45</u> BARRE FLICK <u>9.15-10.00</u> RIG CIRCUITS JULES <u>10.00-10.45</u> STRETCH & TONE FLICK		<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)
12pm	<u>12.00-12.45</u> INDOOR CYCLE OLLIE	<u>9.30-10.15</u> INDOOR CYCLE JULES <u>9.45-10.30</u> PILATES FLICK	<u>9.30-10.15</u> FOCUS SCULPT JULES <u>10.30-11.15</u> FOCUS CONDITIONING FLICK <u>12.00-12.30</u> HIIT CIRCUITS GYM TEAM <u>2.00-2.45</u> PILATES JULIA		<u>9.00-9.45</u> BARRE FLICK <u>9.15-10.00</u> RIG CIRCUITS JULES <u>10.00-10.45</u> STRETCH & TONE FLICK		<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)
1pm							
2pm							
3pm							
4pm	<u>4.00-4.45</u> RIG STRENGTH ED	<u>5.30-6.15</u> INDOOR CYCLE OLLIE <u>6.00-7.00</u>					
5pm	<u>5.15-6.00</u> INDOOR CYCLE ED	POWER VINYASA YOGA MARA	<u>6.15-7.00</u> FOCUS SCULPT JULES	<u>5.15-6.00</u> DANCERCISE STEFANIA			
6pm		<u>7.00-7.45</u> LEARN TO LIFT HOLLY	<u>7.10-7.50</u> TRX JAKE	<u>6.05-6.50</u> BARRELATES STEFANIA			
7pm	<u>7.00-8.00</u> VINYASA YOGA MADDY	<u>7.10-7.55</u> YIN YOGA MARA	<u>7.15-8.00</u> PILATES STEFANIA				