

FOCUS CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7am	<u>7.00-7.45</u> MONDAY MOTIVATION	<u>7.00-7.45</u> ROCKET YOGA	<u>7.30-8.15</u> INDOOR CYCLE		<u>8.00-8.45</u> FULL BODY FOCUS	<u>8.30-9.15</u> INDOOR CYCLE	
8am	OLLIE <u>9.15-10.00</u> RIGROX	ISIE <u>8.00-8.45</u> KETTLEBELLS	ED <u>8.30-9.15</u> INDOOR CYCLE	<u>8.00-8.45</u> CALISTHENICS	STEFANIA <u>8.00-8.45</u> INDOOR CYCLE	JACQUELINE <u>8.30-9.15</u> FOCUS CONDITIONING	
9am	JAKE <u>9.00-9.45</u> TRX	JAKE <u>8.45-9.30</u> BARRE	JULES <u>9.00-9.45</u> RIG FIT - CORE	HOLLY <u>9.00-9.45</u> BARRE	OLLIE <u>9.00-9.45</u> LEGS, BUMS & TUMS	OLLIE <u>9.30-10.15</u> FOCUS SCULPT	<u>9.00-10.00</u> SLOW HATHA FLOW YOGA
10am	LAURA <u>9.00-9.45</u> FOCUS SCULPT	FLICK <u>9.15-10.00</u> RIGROX	LAURA <u>9.30-10.15</u> FOCUS SCULPT	FLICK <u>9.15-10.00</u> RIG CIRCUITS	FLICK <u>9.00-9.45</u> TRX	JACQUELINE <u>9.30-10.15</u> INDOOR CYCLE	GABBY <u>9.30-10.15</u> DANCERCISE
11am	ALI <u>10.00-10.45</u> STRETCH & TONE	JAKE <u>9.30-10.15</u> INDOOR CYCLE	JULES <u>10.30-11.15</u> FOCUS CONDITIONING	JULES <u>10.00-10.45</u> STRETCH & TONE	OLLIE <u>9.00-9.45</u> RIG CIRCUITS	OLLIE <u>10.30-11.15</u> CALISTHENICS	STEFANIA <u>9.30-10.15</u> INDOOR CYCLE
12pm	ALI <u>12.00-12.45</u> INDOOR CYCLE	FLICK <u>9.45-10.30</u> PILATES	FLICK <u>12.00-12.30</u> HIIT CIRCUITS	FLICK <u>12.00-12.45</u> HATHA YOGA	HOLLY <u>10.00-10.45</u> PILATES	HOLLY <u>10.30-11.30</u> HATHA YOGA	ED <u>10.30-11.15</u> PILATES
1pm	OLLIE		GYM TEAM <u>2.00-2.45</u> PILATES	ISIE	FLICK <u>11.00-11.45</u> PILATES	ISIE	STEFANIA <u>11.00</u> 3K RUN CLUB
2pm			JULIA		FLICK		ED <u>11.30-12.15</u> FOCUS SCULPT
3pm							JACQUELINE (BI-WEEKLY)
4pm	<u>4.00-4.45</u> RIG STRENGTH	<u>5.30-6.15</u> INDOOR CYCLE					
5pm	ED <u>5.15-6.00</u> INDOOR CYCLE	OLLIE <u>6.00-7.00</u> POWER VINYASA	<u>6.15-7.00</u> FOCUS SCULPT				
6pm	ED	YOGA	JULES <u>7.10-7.50</u> TRX	<u>5.15-6.00</u> DANCERCISE			
7pm	<u>7.00-8.00</u> VINYASA YOGA	MARA <u>7.00-7.45</u> LEARN TO LIFT	JAKE <u>7.15-8.00</u> PILATES	STEFANIA <u>6.05-6.50</u> BARRELATES			
	MADDY	MARA	STEFANIA	STEFANIA			