

# FOCUS CLASS TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7am	<u>7.00-7.45</u> MONDAY MOTIVATION OLLIE	<u>7.00-7.45</u> ROCKET YOGA ISIE	<u>7.30-8.15</u> INDOOR CYCLE ED		<u>8.00-8.45</u> FULL BODY FOCUS STEFANIA	<u>8.30-9.15</u> INDOOR CYCLE JACQUELINE	
8am	<u>9.15-10.00</u> RIGROX JAKE	<u>8.00-8.45</u> KETTLEBELLS JAKE	<u>8.30-9.15</u> INDOOR CYCLE JULES	<u>8.00-8.45</u> CALISTHENICS	<u>8.00-8.45</u> INDOOR CYCLE OLLIE	<u>8.30-9.15</u> FOCUS CONDITIONING OLLIE	
9am	<u>9.00-9.45</u> TRX LAURA	<u>8.45-9.30</u> BARRE FLICK	<u>9.00-9.45</u> RIG FIT - CORE LAURA	<u>9.00-9.45</u> BARRE FLICK	<u>9.00-9.45</u> LEGS, BUMS & TUMS FLICK	<u>9.30-10.15</u> FOCUS SCULPT JACQUELINE	<u>9.00-10.00</u> SLOW HATHA FLOW YOGA GABBY
10am	<u>9.00-9.45</u> FOCUS SCULPT ALI	<u>9.15-10.00</u> RIGROX JAKE	<u>9.30-10.15</u> FOCUS SCULPT JULES	<u>9.15-10.00</u> RIG CIRCUITS JULES	<u>9.00-9.45</u> TRX OLLIE	<u>9.30-10.15</u> INDOOR CYCLE OLLIE	<u>9.30-10.15</u> DANCERCISE STEFANIA
11am	<u>10.00-10.45</u> STRETCH & TONE ALI	<u>9.30-10.15</u> INDOOR CYCLE JULES	<u>10.30-11.15</u> STEP & TONE JACQUELINE	<u>10.00-10.45</u> STRETCH & TONE FLICK	<u>9.00-9.45</u> RIG CIRCUITS JAKE	<u>10.30-11.15</u> CALISTHENICS JAKE	<u>9.30-10.15</u> INDOOR CYCLE ED
12pm	<u>12.00-12.45</u> INDOOR CYCLE OLLIE	<u>9.45-10.30</u> PILATES FLICK	<u>12.00-12.30</u> HIIT CIRCUITS ED	<u>12.00-12.45</u> HATHA YOGA ISIE	<u>10.00-10.45</u> PILATES FLICK	<u>10.30-11.30</u> HATHA YOGA ISIE	<u>10.30-11.15</u> PILATES STEFANIA
1pm			<u>2.00-2.45</u> PILATES JULIA		<u>11.00-11.45</u> PILATES FLICK		<u>11.00</u> 3K RUN CLUB ED
2pm							<u>11.30-12.15</u> FOCUS SCULPT JACQUELINE (BI-WEEKLY)
3pm		<u>5.30-6.15</u> INDOOR CYCLE OLLIE					
4pm	<u>4.00-4.45</u> RIG STRENGTH ED	<u>6.00-7.00</u> POWER VINYASA YOGA MARA	<u>6.15-7.00</u> FOCUS SCULPT JULES	<u>5.15-6.00</u> DANCERCISE STEFANIA			
5pm	<u>5.15-6.00</u> INDOOR CYCLE ED	<u>7.00-7.45</u> LEARN TO LIFT	<u>7.10-7.50</u> TRX JAKE	<u>6.05-6.50</u> BARRELATES STEFANIA			
6pm			<u>7.15-8.00</u> PILATES STEFANIA				
7pm	<u>7.00-8.00</u> VINYASA YOGA MADDY	<u>7.10-7.55</u> YIN YOGA MARA					