

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 ISIE	<u>7.30-8.15</u> INDOOR CYCLE		<u>8.00-8.45</u> FULL BODY FOCUS STEFANIA	<u>8.30-9.15</u> INDOOR CYCLE JACQUELINE	
8am	<u>9.00-9.45</u> TRX LAURA	<u>8.00-8.45</u> KETTLEBELLS JAKE	<u>8.30-9.15</u> INDOOR CYCLE	<u>8.00-8.45</u> CALISTHENICS FFION	<u>8.00-8.45</u> INDOOR CYCLE OLLIE	<u>8.30-9.15</u> FOCUS CONDITIONING OLLIE	
9am	<u>9.15-10.00</u> RIGROX JAKE	<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 MICHAEL	<u>9.15-10.00</u> RIG CIRCUITS LEWIS	<u>9.00-9.45</u> TRX OLLIE	<u>9.30-10.15</u> INDOOR CYCLE OLLIE	<u>9.00-9.45</u> INDOOR CYCLE ED
11am	<u>10.00-10.45</u> STRETCH & TONE ALI	<u>9.30-10.15</u> INDOOR CYCLE AL	<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> RIGROX JAKE	<u>9.30-10.15</u> DANCE SCULPT STEFANIA
12pm	<u>12.00-12.45</u> INDOOR CYCLE OLLIE	<u>9.45-10.30</u> PILATES FLICK	<u>12.00-12.30</u> BOXFIT ED	<u>12.00-1.00</u> HATHA YOGA ISIE	<u>10.00-10.45</u> PILATES FLICK	<u>10.30-11.30</u> HATHA YOGA ISIE	<u>10.00-10.45</u> RIG CIRCUITS ED
1pm			<u>2.00-2.45</u> PILATES JULIA		<u>11.00-11.45</u> PILATES FLICK		<u>10.30-11.15</u> PILATES STEFANIA
2pm					<u>1.00-1.45</u> INDOOR CYCLE JAKE		<u>11.30-12.15</u> FOCUS SCULPT JACQUELINE
3pm					<u>2.00-3.00</u> POWER YOGA MARA		(BI-WEEKLY)
4pm		<u>5.30-6.15</u> INDOOR CYCLE OLLIE		<u>5.15-6.00</u> INDOOR CYCLE ED			
5pm	<u>5.15-6.00</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> DANCE SCULPT STEFANIA			
6pm	<u>7.00-7.45</u> INDOOR CYCLE ED	<u>7.00-7.45</u> LEARN TO LIFT FFION	<u>7.10-7.55</u> CALISTHENICS JAKE	<u>6.05-6.50</u> STRETCH & TONE 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 OLIVIA				