

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>8.00-8.45</u> KETTLEBELLS JAKE <u>8.45-9.30</u> BARRE FLICK <u>9.15-10.00</u> RIGROX JAKE <u>9.30-10.15</u> INDOOR CYCLE GEORGINA <u>9.45-10.30</u> PILATES FLICK	<u>7.30-8.15</u> INDOOR CYCLE ED <u>8.30-9.15</u> INDOOR CYCLE MICHAEL <u>9.00-9.45</u> RIG FIT - CORE LAURA <u>9.30-10.15</u> FOCUS SCULPT MICHAEL <u>10.30-11.15</u> STEP & TONE JACQUELINE <u>12.00-12.30</u> BOXFIT ED <u>2.00-2.45</u> PILATES JULIA	<u>7.45-8.30</u> CALISTHENICS FFION <u>9.00-9.45</u> BARRE FLICK <u>9.15-10.00</u> RIG CIRCUITS LEWIS <u>10.00-10.45</u> STRETCH & TONE FLICK <u>12.00-1.00</u> HATHA YOGA ISIE	<u>8.00-8.45</u> FULL BODY FOCUS JAKE <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> TRX OLLIE <u>9.00-9.45</u> RIG CIRCUITS JAKE <u>10.00-10.45</u> PILATES FLICK <u>11.00-11.45</u> PILATES FLICK <u>12.00-12.45</u> INDOOR CYCLE JAKE <u>2.00-3.00</u> VINYASA YOGA MARA	INDOOR CYCLE JACQUELINE <u>8.30-9.15</u> FOCUS CONDITIONING TYLER <u>9.30-10.15</u> FOCUS SCULPT JACQUELINE <u>9.30-10.15</u> INDOOR CYCLE GEORGINA <u>10.30-11.15</u> RIGROX JAKE <u>10.30-11.30</u> HATHA YOGA ISIE	<u>9.00-10.00</u> SLOW HATHA FLOW YOGA GABBY <u>9.00-9.45</u> INDOOR CYCLE ED <u>9.30-10.15</u> DANCERCISE NICOLETTA <u>10.00-10.45</u> RIG CIRCUITS ED <u>10.30-11.15</u> FOCUS CONDITIONING NICOLETTA <u>11.30-12.15</u> FOCUS SCULPT JACQUELINE (BI-WEEKLY)
9am							
10am							
11am							
12pm							
1pm							
2pm							
3pm							
4pm		<u>5.15-6.00</u> INDOOR CYCLE FFION <u>6.00-7.00</u> POWER VINYASA YOGA MARA					
5pm	<u>5.15-6.00</u> RIG STRENGTH ED			<u>5.15-6.00</u> INDOOR CYCLE ED <u>6.00-6.45</u> FOCUS SCULPT JACQUELINE <u>7.00-7.45</u> FOCUS BALANCE JACQUELINE			
6pm	<u>7.00-7.45</u> INDOOR CYCLE ED	<u>7.00-7.45</u> LEARN TO LIFT FFION	<u>6.15-7.00</u> FOCUS SCULPT JULES				
7pm	<u>7.00-8.00</u> VINYASA YOGA MADDY	<u>7.10-7.55</u> YIN YOGA MARA	<u>7.00-7.45</u> KETTLEBELLS JAKE				