



**Studio Hours**

Whether you are injured, unfit or need that next step, we at Focus have a program to meet your requirements. At Focus the enhanced studio holds personal sessions with the use of the traditional Pilates equipment that provides you with individual attention with professional and experience staff members. We design, teach and modify basic to advance level classes, integrating mat and small equipment to add variety and to meet the specific needs and goals of our clients. The studio sessions are the most versatile and effective form of Pilates suitable for all ages and fitness levels. Clients opting for the studio will improve sport performances, rehabilitation programs will reduce chronic pain and prevent injury.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 am - 11am	6:30am-12:30pm	6:30am-12:30pm	6:30am-12:30pm	7:30am-12:30pm	9:30am-12:30pm
3:30pm - 7:30pm	3:30pm - 8:30pm	4:30pm - 7:30pm	3:30pm - 8:30pm	4pm - 8pm	

**Group Hours**

(Because strength is built from the ground up)

If your goal is to have a lean, strong and flexible body, then group classes are a great way to introduce you to the Pilates method. The Pilates group classes are a safe and effective way to get fit whilst having fun at the same time utilizing other small Pilates equipment. It is a non-impact, non-resistive form of exercise that focuses on developing: Core stability, Flexibility, Balance, Co-ordination and Strength. Although unique, this very popular exercise is suitable for all ages and fitness levels. Pilates mat or ball work is ideal, simply because the only tool necessary to becoming fit are your mind and body.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10am Beginners +		6:30am Intermediate		6:30am Intermediate	8:30am Casual
				9:30am Beginners +	
6:30pm Intermediate	6:30pm Beginners	5:30pm Intermediate			
7:30pm Beginners	7:30pm Intermediate	7:30pm Beginners			

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