

Gym Timetable

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
6:15am Boost	6am, 7am & 9:15am UpLift	6am, 7am & 9:15am UpLift	6am, 7am & 9:30am UpLift	6:10am M.F.T	7:30am, 8:25am, & 9:25am UpLifted (Gym)	8:15am & 9:15am UpLifted
7am, 8am & 9:10am UpLift	9:45am Postnatal Pilates	10:00am & 11:00am Mum.F.T	10:35am Postnatal UpLift: The Next Level	6:15am Boost	8am & 8:55am UpLifted (Hanger)	8:15am & 9:15am Pilates
10:30 & 11:20am BYOBoost	10:30am Postnatal UpLift: The Next Level	10:20am Postnatal UpLift: The Next Level	11:45am Postnatal Pilates	8:45am Pilates	10am Generation UpLifted	10:15am Prenatal Pilates
12:30pm UpLift	10:45am Senior Pilates	11:45am UpLift: Strong Vintage	12pm Boost	9:30am UpLift	10:30am Prenatal UpLift	10:15am Boost
2pm Postnatal Pilates	11:45am Postnatal Pilates	12:45pm UpLift	12:45pm UpLift	9:40am M.F.T (Toddler in Tow)		11:15am M.F.T
4:30pm UpLift: Strong Vintage	12:05pm M.F.T			12:30pm UpLift		
5:30pm & 6:30pm UpLift	1pm Pilates	6:30pm & 7:30pm Traction				
6:30pm & 7:30pm Pilates	5:30pm, 6:30pm & 7:30pm UpLift	6:30pm & 7:30pm Uplift	6:30pm & 7:30pm UpLift	5pm Pilates		6pm Yin Yoga
7:30pm Boost	7:00pm M.F.T	7:45pm Slow Flow	7:30pm Yang to Yin	6pm Pilates		