

Timetable

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
06:15 Boost	06:15 UpLift	06:15 UpLift	06:15 UpLift	06:15 Boost & 7am Boost 30	07:45 & 08:00 UpLift	08:30 UpLift
07:00 Boost	07:05 UpLift	07:05 UpLift	07:05 UpLift	06:10am & 09:30am M.F.T	08:40 & 08:55 UpLift	09:30 Pilates
09:10 UpLift	09:15 UpLift	09:15 UpLift	09:30 UpLift			10:30 Prenatal Pilates
10:30 BYOBoost	10:20 Postnatal UpLift: The Next Level	10:30 Postnatal UpLift: The Next Level	10:45 BYOBoost	10:30 Postnatal UpLift: The Next Level	09:40 & 09:50 UpLift	11:30 M.F.T
12:30 UpLift	13.00 Boost 30	14.00 Postnatal Pilates	12:30 Boost	13:00 Boost 30	10.50 Prenatal UpLift	
	14.30 Postnatal Yoga					
	15.00 -Parent & Toddler Yoga					
18:30 Pregnancy Yoga	15.00 -Kids Yoga					
18:30 Traction	17:30 UpLift	17:30 Pilates	17:30 UpLift			
19:30 Traction	18:30 UpLift	18:30 & 19:30 M.F.T	18:30 UpLift			17:30 Yin Yoga
19:40 Vinyasa Flow	19:30 UpLift	19.30 Slow Flow	19:30 UpLift			19:30 Yin Yoga