Gym Timetable

Mon

6:15am
Boost

7am, 8am
& 9:10am
UpLift

10:30 & 11:20am
BYOBoost

12:30pm
UpLift

2pm
Postnatal Pilates

4:30pm
UpLift: Strong Vintage

5:30pm
& 6:30pm
UpLift

6:30pm
& 7:30pm
Pilates

7:30pm
Boost

Tues

6am, 7am &
9:15am
UpLift

9:45am
Postnatal Pilates

10:30am
Postnatal UpLift: The Next Level

10:45am
Senior Pilates

11:45am
Postnatal Pilates

12:05pm
M.F.T (Toddler in Tow)

1pm
Pilates

5:30pm,
6:30pm &
7:30pm
UpLift

7:00pm
M.F.T

Weds

6am, 7am &
9:15am
UpLift

10:00am &
11:00am
Mum.F.T

10:20am
Postnatal UpLift: The Next Level

11:45am
UpLift: Strong Vintage

12:45pm
UpLift

6:30pm
& 7:30pm
Traction

7:45pm
Slow Flow

Thurs

6am, 7am,
8:30am &
9:30am
UpLift

9:30am
M.F.T (Toddler in Tow)

10:30am
Mum.F.T

10:35am
Postnatal UpLift: The Next Level

11:45am
Postnatal Pilates

12pm
Boost

12:45pm
UpLift

5:30pm,
6:30pm &
7:30pm
UpLift

6:30pm &
7:30pm
Yang to Yin

Fri

6:10am
M.F.T

6:15am
Boost

7:05am
Boost 30

8:45am
Pilates

9:30am
UpLift

9:40am
M.F.T (Toddler in Tow)

12:30pm
UpLift

5pm
Pilates

6pm
Pilates

Sat

7:30am, 8:25am,
& 9:25am
UpLifted (Gym)

8am &
8:55am
UpLifted (Hanger)

10am
Generation UpLifted

10:30am
Prenatal UpLift

Sun

8:15am &
9:15am
UpLifted

8:15am &
9:15am
Pilates

10:15am
Prenatal Pilates

10:15am
Boost

11:15am
M.F.T

6pm &
7:30pm
Yin Yoga