

Timetable

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
06:15 Boost		06:15 UpLift	06:15 UpLift	06:15 Boost & 7am Boost 30	08:00 UpLift	08:30 UpLift
07:00 Boost		07:05 UpLift	07:05 UpLift	06:10am & 09:30am M.F.T	08:55 UpLift	09:30 Pilates
09:10 UpLift	09:15 UpLift		09:30 UpLift		09:45 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		11:30 M.F.T
12:30 UpLift	12:45 Dynamic Flow	12:45 Traction	12:30 UpLift	13:00 Boost 30		
		15:30 Postnatal Pilates				
		17:30 Pilates				
18:30 Pregnancy Yoga		18:30 Prenatal UpLift				
18:30 Traction	17:30 UpLift	18:30 & 19:30 M.F.T	17:30 UpLift			17:30 Yin Yoga
19:30 Traction	18:30 UpLift	19:15 Boost	18:30 UpLift			19:30 Yin Yoga
19:40 Vinyasa Flow	19:30 UpLift	20:10 Slow Flow	19:30 UpLift			