

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	6:15am & 7am Boost	7:45am & 8am UpLifted	8:30am & 9:30am UpLifted
7am, 8am & 9:10am UpLift	10:30am Postnatal UpLift: The Next Level	10:00am Mum.F.T	10:35am Postnatal UpLift: The Next Level	6:10am & 9:30am M.F.T	8:40am & 8:55am UpLifted	9:30am Pilates
10:30 & 11:15am BYOBoost	10:45am Senior Pilates	10:20am Postnatal UpLift: The Next Level	11:45am Postnatal Pilates	8:45am Pilates	9:40am UpLifted	10:30am Prenatal Pilates & Boost
12:30pm UpLift	11:45am Postnatal Pilates	11:30am Postnatal Yoga		9:30am UpLift	10:00am Generation UpLifted	11:30am M.F.T
	12:05pm M.F.T	11:45am UpLift: Strong Vintage	12pm Boost	12:30pm UpLift	10:50am Prenatal UpLift	
	1pm Pilates	12:45pm UpLift	12:45pm UpLift			
5:30pm & 6:30pm UpLift		6:30pm & 7:30pm Traction				
6:30pm & 7:30pm Pilates	5:30pm, 6:30pm & 7:30pm UpLift	6:30 & 7:30pm UpLift	6:30pm & 7:30pm UpLift			6pm & 7:30pm Yin Yoga
7:30pm Boost		7:45pm Slow Flow				