

# Gym Timetable

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
06:15 <b>Boost</b>	06:05, 07:05 & 09:15 <b>UpLift</b>	06:05, 07:05 & 09:15 <b>UpLift</b>	06:05, 07:05 & 09:30 <b>UpLift</b>	06:15 & 07:00 <b>Boost</b>	07:45 & 08:00 <b>UpLifted</b>	08:30 & 09:30 <b>UpLifted</b>
07:00, 08:00 & 09:10 <b>UpLift</b>		10:30 <b>Postnatal UpLift: The Next Level</b>	10:35 <b>Postnatal UpLift: The Next Level</b>	06:10 & 09:30 <b>M.F.T</b>	08:40 & 08:55 <b>UpLifted</b>	09:30 <b>Pilates</b>
10:30 <b>BYOBoost</b>	10:30 <b>Postnatal UpLift: The Next Level</b>	11:45 <b>UpLift: Strong Vintage</b>	11:45 <b>Postnatal Pilates</b>	08:45 <b>Pilates</b>	09:40 <b>UpLifted</b>	10:30 <b>Prenatal Pilates</b>
12:30 <b>UpLift</b>	13.00 <b>Pilates</b>	12:45 <b>UpLift</b>	12:45 <b>Boost</b>	10:00 <b>Vinyasa Flow</b>	10.50 <b>Prenatal UpLift</b>	11:30 <b>M.F.T</b>
13.40 <b>Pilates</b>	14.00 <b>Senior Pilates</b>	14.30 <b>Postnatal Yoga</b>		12:30 <b>UpLift</b>		
17:30 & 18:30 <b>UpLift</b>	15:00 <b>Postnatal Pilates</b>			13.40 <b>Pilates</b>		
18:30 & 19:30 <b>Pilates</b>		18:30 & 19:30 <b>Traction</b>	17:30 <b>Pilates</b>			
19:30 <b>Boost</b>	17:30, 18:30 & 19:30 <b>UpLift</b>	18:45 & 19.45 <b>Slow Flow</b>	18:30 & 19:30 <b>UpLift</b>			17:30 & 19:30 <b>Yin Yoga</b>