

Gym Timetable

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
06:15 Boost	06:05, 07:05 & 09:15 UpLift	06:05, 07:05 & 09:15 UpLift	06:05, 07:05 & 09:30 UpLift	06:15 & 07:00 Boost	07:45 & 08:00 UpLifted	08:30 & 09:30 UpLifted
07:00, 08:00 & 09:10 UpLift		10:30 Postnatal UpLift: The Next Level	10:35 Postnatal UpLift: The Next Level	06:10 & 09:30 M.F.T	08:40 & 08:55 UpLifted	09:30 Pilates
10:30 BYOBoost	10:30 Postnatal UpLift: The Next Level	11.30 Postnatal Yoga	11:45 Postnatal Pilates	08:45 Pilates	09:40 UpLifted	10:30 Prenatal Pilates
12:30 UpLift	13.00 Pilates	11:45 UpLift: Strong Vintage	12:45 Boost		10.50 Prenatal UpLift	11:30 M.F.T
	14.00 Senior Pilates	12:45 UpLift		12:30 UpLift		
	15:00 Postnatal Pilates					
17:30 & 18:30 UpLift		18:30 & 19:30 Traction	17:30 Pilates			
18:30 & 19:30 Pilates	17:30, 18:30 & 19:30 UpLift	18:45 & 19.45 Slow Flow	18:30 & 19:30 UpLift			17:30 & 19:30 Yin Yoga
19:30 Boost						

