

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 UpLifted
07:00, 08:00 & 09:10 UpLift				06:10 & 09:30 M.F.T	08:40 & 08:55 UpLifted	09:30 Pilates
10:30 BYOBoost	10:20 Postnatal UpLift: The Next Level	10:30 & 11:30 Postnatal UpLift: The Next Level	10:45 BYOBoost	10:00 Vinayasa Flow	09:40 & 09:50 UpLifted	10:30 Prenatal Pilates
12:30 UpLift	13:00 Pilates	13:15 UpLift: Strong Vintage	11:45 Postnatal Pilates	11:00 Postnatal UpLift: The Next Level	10.50 Prenatal UpLift	11:30 M.F.T
	14.00 Senior Pilates	14.30 Postnatal Yoga	12:45 Boost	12:30 UpLift		
18:30 & 19:30 Traction	17:30, 18:30 & 19:30 UpLift	18:30 & 19:30 M.F.T	18:30 & 19:30 UpLift			17:30 & 19:30 Yin Yoga
18:30 & 19:30 Vinayasa Flow	18:30 & 19:30 M.F.T	18:45 & 19.45 Slow Flow				