

The Atlas Gym

Class & Coaching Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00-8:00am Atlas Club*	7:00-8:00am Atlas Club*	7:00-8:00am Atlas Club*	7:00-8:00am Atlas Club*	7:00-8:00am Atlas Club*	9:00-10:00am Burn
8:00-9:00am Atlas Club*	8:00-9:00am Atlas Club*	8:00-9:00am Atlas Club*	8:00-9:00am Atlas Club*	8:00-9:00am Atlas Club*	
1:30-2:30pm Ladies That Lift	6:00-7:00pm Atlas Club*	6:00-7:00pm Barbell Club	6:00-7:00pm Atlas Club*	6:00-7:00pm Atlas Club*	
6:00-7:00pm Atlas Club*	6:30-7:30pm Ladies That Lift	7:00-8:00pm Atlas Club*	7:00-8:00pm Atlas Club*	7:00-8:00pm Atlas Club*	
7:00-8:00pm Atlas Club*	7:00-8:00pm Atlas Club*				

*Atlas Club Sessions are only available to members on the Atlas Club Tier

**These classes are premium classes and cost per class.