ATLAS GYM
WEEKLY TIMETABLE

Gym. Club. Classes. Recovery

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
OPEN GYM 7am–10pm	OPEN GYM 6am–10pm	OPEN GYM 7am–10pm	OPEN GYM 6am–10pm	OPEN GYM 7am–10pm	OPEN GYM 8am–6pm	OPEN GYM 8am–6pm
ATLAS CLUB* 7–8am	ATLAS CLUB* 7–8am	ATLAS CLUB* 7–8am	ATLAS CLUB* 7–8am	ATLAS CLUB* 7–8am	BURN 9–10am	
ATLAS CLUB* 8–9am	ATLAS CLUB* 8–9am	ATLAS CLUB* 8–9am	ATLAS CLUB* 8–9am	ATLAS CLUB* 8–9am		
RECOVERY 8am–8pm	RECOVERY 8am–8pm	RECOVERY 8am–8pm	RECOVERY 8am–8pm	RECOVERY 8am–8pm		
		ATLAS CLUB* 5–6pm	ATLAS CLUB* 5–6pm			
ATLAS CLUB* 6–7pm	ATLAS CLUB* 6–7pm	BARBELL CLUB 6–7pm	ATLAS CLUB* 6–7pm	ATLAS CLUB* 6–7pm		
	LADIES THAT LIFT 6:30–7:30pm					
ATLAS CLUB* 7–8pm	ATLAS CLUB* 7–8pm	ATLAS CLUB* 7–8pm	ATLAS CLUB* 7–8pm	ATLAS CLUB* 7–8pm		

*Atlas Club sessions are available to members on the Gym + Recovery + Small Group Coaching Atlas Club Membership.