

ATLAS CLASS

TIMETABLE

MONDAY	
1:30-2:30PM	LADIES THAT LIFT
6:30PM-7:00PM	STRETCH & MOBILITY STARTING 16 TH FEBRUARY 2026
TUESDAY	
6:30-7:30PM	LADIES THAT LIFT STARTING 10 TH FEBRUARY 2026
WEDNESDAY	
6:00-7:00PM	BARBELL CLUB
SATURDAY	
9:00-10:00AM	BURN STARTING 14 TH FEBRUARY 2026
SUNDAY	
8:30-9:15AM	STRETCH AND MOBILITY STARTING 15 TH FEBRUARY 2026