

Milton Weightlifting Schedule

| | MON | | TUE | | WED | | THU | | FRI | | SAT | | | | |
|---------|---|--|--|----------------------------|--|--|---|--------------|------------------|--|---------------------------------|---------------------------------|---------|---------|--------|
| | MILTON W/LIFTING | MOLYFIT OPEN | MILTON W/LIFTING | MOLYFIT OPEN | MILTON W/LIFTING | MOLYFIT OPEN | MILTON W/LIFTING | MOLYFIT OPEN | MILTON W/LIFTING | MOLYFIT OPEN | MILTON W/LIFTING | | | | |
| 5:30am | | | | | | | | | | | | | 5:30am | | |
| 6:00am | | OPEN / WEIGHTLIFTING DAYN 5:30 – 7:30 | | | | OPEN / WEIGHTLIFTING DAYN 5:30 – 7:30 | | | | OPEN / WEIGHTLIFTING DAYN 5:30 – 7:30 | | | 6:00am | | |
| 6:30am | | | MWC GROUP CORAL 6:00 – 7:30 1.5 HRS | | | | MWC GROUP CORAL 6:00 – 7:30 1.5 HRS | | | | | | | | 6:30am |
| 7:00am | | | | 2 HR BOOKING | | | | 2 HR BOOKING | | | | | | | |
| 7:30am | | | | | | | | | | | | | 7:30am | | |
| 8:00am | | | | | | | | | | | MWC YOUTH CORAL 7:30 – 8:30 | | 8:00am | | |
| 8:30am | | | | | | | | | | | | MWC FAMILY MIKE 8:00 – 10:00 | 8:30am | | |
| 9:00am | | | | | | OPEN 8:30 – 10:00 | | | | OPEN 8:30 – 10:00 | MWC YOUTH CORAL 8:30 – 9:30 | | | 9:00am | |
| 9:30am | | OPEN CORAL 9:00 – 10:30 | | OPEN CORAL 9:00 – 10:30 | | | OPEN CORAL 9:00 – 10:30 | | | | | | | 9:30am | |
| 10:00am | | | | | | | | | | | | | 10:00am | | |
| 10:30am | | | | | | | | | | | MWC GROUP CORAL 9:30 – 11:30 | MWC GROUP MIKE 10:00 – 12:00 | 10:30am | | |
| 11:00am | | | | | | | | | | | | | | 11:00am | |
| 11:30am | | | | | | | | | | | | | | 11:30am | |
| 12:00pm | | | | | | | | | | | | | 12:00pm | | |
| 12:30pm | | | | | | | | | | | | | 12:30pm | | |
| 1:00pm | | | | | | | | | | | | | 1:00pm | | |
| | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | |
| 3:00pm | | | | | | | | | | | | | 3:00pm | | |
| 3:30pm | | | | | | | | | | | | | 3:30pm | | |
| 4:00pm | MWC FAMILY MIKE 3:30 – 5:15 | | MWC FAMILY CORAL 3:30 – 5:15 | | MWC FAMILY CORAL 3:30 – 5:15 | | MWC FAMILY MIKE 3:30 – 5:15 | | | | | | 4:00pm | | |
| 4:30pm | | | | | | | | | | | | | 4:30pm | | |
| 5:00pm | | | | | | | | | | | | | 5:00pm | | |
| 5:30pm | MWC GROUP MIKE 5:15 – 7:00 1.75 HRS | | MWC GROUP CORAL 5:15 – 7:00 1.75 HRS | | MWC GROUP CORAL 5:15 – 7:00 1.75 HRS | | MWC GROUP MIKE 5:15 – 7:00 1.75 HRS | | | OPEN | | | 5:30pm | | |
| 6:00pm | | | | | | | | | | | | | | 6:00pm | |
| 6:30pm | | | | | | | | | | | | | | 6:30pm | |
| 7:00pm | 2.25 HR BOOKING | | 2.25 HR BOOKING | | 2.25 HR BOOKING | | 2.25 HR BOOKING | | | | | | 7:00pm | | |
| 7:30pm | | | | | | | | | | | | | 7:30pm | | |
| | MILTON W/LIFTING | MOLYFIT OPEN | MILTON W/LIFTING | MOLYFIT OPEN | MILTON W/LIFTING | MOLYFIT OPEN | MILTON W/LIFTING | MOLYFIT OPEN | MILTON W/LIFTING | MOLYFIT OPEN | MILTON W/LIFTING | | | | |
| | MON | | TUE | | WED | | THU | | FRI | | SAT | | | | |