

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											MWC YOUTH CORAL 8:30 – 9:30			9:00am	
9:30am		OPEN CORAL 9:00 – 10:30								OPEN 8:30 – 10:00			9:30am		
10:00am				OPEN CORAL 9:00 – 10:30			OPEN CORAL 9:00 – 10:30								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												4:00pm		
4:30pm			MWC FAMILY CORAL 3:30 – 5:15			MWC FAMILY CORAL 3:30 – 5:15			MWC FAMILY MIKE 3:30 – 5:15				4:30pm		
5:00pm													5:00pm		
5:30pm	MWC GROUP MIKE 5:15 – 7:00 1.75 HRS									OPEN			5:30pm		
6:00pm			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					6:00pm	
6:30pm													6:30pm		
7:00pm	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				