**Weekly Schedule For Weight Lifting**



**[FitLife Gym] Weekly Weightlifting Schedule**

At FitLife Gym, our weightlifting program is designed to help you build strength, improve muscle tone, and achieve your fitness goals. Each session is led by certified trainers to ensure safe and effective workouts for all participants.

| **Day** | **Time** | **Activity** | **Instructor** | **Room** |
| --- | --- | --- | --- | --- |
| **Monday** | 7:00 AM | Beginner Weightlifting | Mark Davis | Weight Room |
|   | 12:00 PM | Powerlifting | Chris Walker | Weight Room |
|   | 6:30 PM | Olympic Weightlifting Basics | Sarah Williams | Main Gym |
| **Tuesday** | 6:00 AM | Full Body Strength Training | Laura Mitchell | Weight Room |
|   | 1:00 PM | Advanced Powerlifting | Jason Lee | Weight Room |
|   | 5:30 PM | Weightlifting for Women | Emily Johnson | Multi-Purpose Room |
| **Wednesday** | 8:00 AM | Strength Circuit Training | Chris Walker | Weight Room |
|   | 12:30 PM | Deadlift and Squat Technique | Mark Davis | Weight Room |
|   | 7:00 PM | Olympic Lifting (Intermediate) | Mike Robinson | Main Gym |
| **Thursday** | 6:30 AM | Weightlifting for Beginners | Laura Mitchell | Weight Room |
|   | 12:00 PM | Strength & Conditioning | Jason Lee | Weight Room |
|   | 6:00 PM | Powerlifting for Women | Sarah Williams | Multi-Purpose Room |
| **Friday** | 7:00 AM | Strength and Core Combo | Rachel Adams | Weight Room |
|   | 1:30 PM | Advanced Weightlifting Techniques | Chris Walker | Weight Room |
|   | 6:00 PM | Friday Night Strength Party | Mark Davis | Main Gym |
| **Saturday** | 9:00 AM | Olympic Weightlifting Advanced | Mike Robinson | Main Gym |
|   | 12:00 PM | Deadlift Mastery Workshop | Jason Lee | Weight Room |
| **Sunday** | 10:00 AM | Strength and Mobility | Laura Mitchell | Weight Room |
|   | 4:00 PM | Strength Building for Beginners | Emily Johnson | Weight Room |