

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