



Brisbane Barbell Club Weekly Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am-7am Open	5am-7am Open	5am-5:30am Open	5am-7am Open	5am-7am Open	6am-8am Open	
		5:30am-7:30am Open (supervised)				
9:30am-10:30am Open		9:30am-10:30am Open		9:30am-10:30am Open	8am-10am Open (supervised)	
12pm-1pm Open	12pm-1pm Open	12pm-1pm Open	12pm-1pm Open	12pm-1pm Open		
3pm-5pm Open	3pm-8pm Open	3pm-5pm Open	3pm-8pm Open	3pm-7pm Open		3pm-5pm Open
5pm-7pm Open (supervised)		5pm-7pm Open (supervised)				
7pm-8pm Open		7pm-8pm Open				
7pm-8pm BBC Fundamentals		7pm-8pm BBC Fundamentals				

Open: The Brisbane Barbell Club will be open during the above hours for members to work on their individual programming.

Open (supervised): Our expert coaches will be walking the floor to assist members with their programming, lifts and any other questions they may have.