

As of 2014, HWC in conjunction with the VWA will be opening the gym for new Weightlifting members during the day with specialised, one-on-one coaching on Mondays, Wednesdays and Fridays. Please contact info@hawthornweightlifting.com to book a one-on-one timeslot. Spots are limited, so make sure you don't miss out!

The gym remains open for existing members at the following times

Monday – 5pm-8pm

Tuesday – 5pm-8pm

Wednesday – 5pm-8pm

Thursday – Closed

Friday – 5pm-8pm

Saturday – 5pm-8pm

Sunday - Closed