

# Bethnal Green Weightlifting Club

[← Back to results](#)

Do you lift weights? Do you want to lift weights? Bethnal Green Weightlifting Club has been coaching lifters of all levels since 1926, from novices to world record holders.

We offer coaching in both Powerlifting & Olympic Weightlifting, and have a wide range of competition-standard equipment available. We are affiliated to both the GBPF & BWL, and regularly host competitions for both federations.

## Open Session Training

Monday: 5-8.30pm (Please note: this is our busiest time; if you are visiting for the first time, please choose another session)

Tuesday: 10.30am-12.30pm; 5-8.30pm

Wednesday: 5-8pm

Thursday: 10.30am-12.30pm; 5-8.30pm

Friday: 5-8pm

Saturday: 12-3pm

Open Session Training is open to both Weightlifters & Powerlifters at all times, coaches are scheduled as follows:

Weightlifting (Intermediate+) : Monday, Wednesday & Friday 5-8pm.

Powerlifting (All Levels) : Monday, Tuesday, Thursday, Saturday.

## Membership enquiries

[subs@bgwlc.co.uk](mailto:subs@bgwlc.co.uk)

## Who to contact

Website <http://bgwlc.co.uk> [↗](#)

## Where to go

Name of venue	Bethnal Green WLC
Venue address	229 Bethnal Green Road London
Postcode	E2 6AB