

TIMETABLE

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
9		CrossFit	Open gym	CrossFit	Open gym		
10		Open gym	Open gym	Competition Class	Open gym	CrossFit	Open gym
11	Open gym	Open gym	Open gym	Open gym	Open gym	Open gym	Open gym
12	Open gym	Open gym	Open gym	Open gym	Open gym	Gymnastics	Open gym
13	Open gym				Open gym	CrossFit	Open gym
14	Open gym	Open gym	Open gym	Open gym		Team Training	Open gym
15	Open gym	Open gym	Open gym	Open gym		Open gym	
16	Open gym	Open gym	Open gym	Open gym	Open gym		
17	Strength Class	Open gym	Open gym	Open gym	General Conditioning	Open gym	
18	CrossFit	Open gym	CrossFit	Open gym	CrossFit	Open gym	Strength Class
19	Aerobic Capacity	Open gym	Weightlifting	Mobility	Open gym	Open gym	General Conditioning
20	CrossFit	Open gym	CrossFit	Open gym	CrossFit	Open gym	
21							

Please note: this timesheet is subject to changes.