

TIMETABLE

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
09		CrossFit Open gym	CrossFit Open gym				
10	Open gym	Open gym	Open gym	Competition Class Open gym	CrossFit Open gym	Kids & Teens Open gym	
11	Open gym	Open gym	Open gym	Competition Class Open gym	Open gym		Weightlifting Open gym
12	Open gym	Open gym	Open gym	Open gym	Open gym	Gymnastics CrossFit	CrossFit Open gym
13	Open gym					Open gym	Open gym
14	Open gym	Open gym	Open gym	Open gym		Team training	
15	Open gym	Open gym	Open gym	Open gym		Team training	
16	Open gym	Open gym	Open gym	Open gym	Open gym		
17	Strength Class Open gym	Open gym	Open gym	General Conditioning Open gym	Open gym		
18	CrossFit Open gym	CrossFit Open gym	CrossFit Open gym	CrossFit Open gym	Strength Open gym		
19	Aerobic Capacity Open gym	Weightlifting Kids & Teens	Mobility Open gym	Aerobic Capacity Open gym	General Conditioning Open gym		
20	CrossFit Open gym	CrossFit Open gym	CrossFit Open gym	CrossFit Open gym			
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Please note: this timesheet is subject to changes.