## **TIMETABLE**

	N	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			
	Open gym		Open gym		Open gym		Competition Class	Open gym	Open gym		Gymnastics	Open gym	Weightlifting	Open gym	
12	Open gym		Open gym		Open gym		Open gym		Open gym		CrossFit	Open gym	CrossFit	Open gym	
13	Open gym											Open gym	Open gym		
14	Open gym	Open gym		Open gym		Open gym		Open gym				Team training			
15 16	Open gym	Open gym		Open gym		Open gym		Open gym				Team training			
17	Open gym	Open gym		Open gym		Open gym		Open gym		Open gym					
18	Strength Class	Open gym	CrossFit	Open gym	CrossFit	Open gym	General Conditioning	Open gym	Strength	Open gym					
19	CrossFit	Open gym	Weightlifting	Open gym Kids & Teens	Mobility	Open gym	CrossFit	Open gym	General	Open gym					
20	Aerobic Capacity	Open gym	CrossFit		Gymnastics	Open gym	Aerobic Capacity	Open gym	Conditioning	Open gym					
21	CrossFit	Open gym		Open gym	CrossFit	Open gym	CrossFit	Open gym							