

TIMETABLE

Please note:

This timesheet is subject to changes.

KIDS & TEENS

Wednesday

14:00 - 14:45 (Kids), 15:00 - 16:00 (Teens)

Saturday

9:00 - 09:45 (Kids), 10:00 - 11:00 (Teens)

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