

CFM - TIME TABLE

KIDS & TEENS

Wednesday

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

Saturday

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

Please note:

This timesheet is subject to changes.

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