

TIMETABLE

Wednesday

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

Saturday

9:45 - 10:30 (Kids), 10:30 - 11:30 (Foundation, incl. 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	Kids	Open gym
11	Open gym			Open gym	Competition Class	Open gym	Open gym		Foundation class	Mobility
12	Open gym								Gymnastics	Weightlifting
13								CrossFit	Open gym	CrossFit
14	Open gym	Open gym		Kids	Open gym				Open gym	Open gym
15	Open gym	Open gym		Foundation class	Open gym			Team training		
16	Open gym	Open gym		Open gym	Open gym			Team training		
17				Open gym	Open gym		Open gym			
18	Strength Class	Open gym	Open gym	Open gym	General Conditioning	Open gym				
19	CrossFit	Open gym	CrossFit	Open gym	CrossFit	Open gym	Strength	Open gym		
20	Aerobic Capacity	Open gym	Weightlifting	Open gym	Mobility	Open gym	General Conditioning	Open gym		
21	CrossFit	Open gym	CrossFit	Open gym	Gymnastics	Open gym	Aerobic Capacity	Open gym		

Please note: this timesheet is subject to changes.