

TIMETABLE

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

Please note: this timesheet is subject to changes.