

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	Open gym
12	Open gym								Gymnastics	Open gym
13									CrossFit	Open gym
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	Open gym	General Conditioning	Open gym	Open gym		
	CrossFit	Open gym	CrossFit	Open gym	Open gym	CrossFit	Open gym	Strength	Open gym	
19	Aerobic Capacity	Open gym	Weightlifting	Open gym	Open gym	Mobility	Open gym	General Conditioning	Open gym	
20	CrossFit	Open gym	CrossFit	Open gym	Open gym	Gymnastics	Open gym	Open gym	Open gym	
21				CrossFit	Open gym	CrossFit	Open gym		Open gym	

Please note: this timesheet is subject to changes.