

TIMETABLE

Wednesday

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

Saturday

9:45 - 10:30 (Kids), 10:30 - 11:30 (Teens)

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
09		CrossFitOpen gym					
10		Open gym	Open gym	Competition ClassOpen gym	CrossFitOpen gym	KidsOpen gym	
11	Open gym		Open gym	Competition ClassOpen gym	Open gym	TeensOpen gym	MobilityWeightliftingOpen gym
12	Open gym					GymnasticsCrossFitOpen gym	CrossFitOpen gym
13						Open gym	Open gym
14	Open gym	Open gym	Kids	Open gym		Team training	
15	Open gym	Open gym	Teens	Open gym		Team training	
16	Open gym	Open gym	Open gym	Open gym	Open gym		
17	Strength ClassOpen gym	CrossFitOpen gym	CrossFitOpen gym	General ConditioningOpen gym	StrengthGeneral ConditioningOpen gym		
18	CrossFitOpen gym	WeightliftingCrossFitOpen gym	MobilityGymnasticsOpen gym	CrossFitAerobic CapacityOpen gym			
19	Aerobic CapacityCrossFitOpen gym		CrossFitOpen gym	CrossFitOpen gym			
20							
21							

Please note: this timesheet is subject to changes.