

TIMETABLE

	Mon	Tue		Wed		Thu	Fri		Sat		Sun
9		CrossFit	Open gym	CrossFit	Open gym						
10		Open gym		Open gym		Competition Class	Open gym	CrossFit	Open gym	CrossFit KIDS	Open gym
11	Open gym										Open gym
12	Open gym	Open gym		Open gym			Open gym			Open gym	Weightlifting
13	Open gym						Open gym		Gymnastics	Open gym	CrossFit
14	Open gym								CrossFit	Open gym	Open gym
15	Open gym	Open gym		Open gym		Open gym			Team Training	Open gym	
16	Open gym	Open gym		Open gym		Open gym				Open gym	
17	Strength Class	Open gym		Open gym		Open gym	CrossFit	Open gym			
18	CrossFit	Open gym	CrossFit		Open gym	General Conditioning	Open gym	Gymnastics			
19	Aerobic Capacity	Open gym	Weightlifting	CrossFit KIDS	Mobility	Open gym	Aerobic Capacity	Barbell Cycling			
20	CrossFit	Open gym	CrossFit		Open gym	CrossFit	Open gym				
21											

Please note: this timesheet is subject to changes.