



Session Time Table

Timings	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0600 - 0700	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
0730 - 0830						CrossFit	
0900 - 1000						CrossFit	
1200 - 1300	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
1700 - 1800	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
1800 - 1900	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
1900 - 2000	CrossFit	Fundamentals	CrossFit	Fundamentals	CrossFit		

Gym is open from 0600 - 2000. Down stairs area is reserved for group training (CrossFit) at times indicated. **(Subject to change)**

Clients may use the facility to practice or complete the workout of the day (WOD) outside of class timings.