



TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5am	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
	GRITBOX	GRITBOX	GRITBOX	GRITBOX	GRITBOX	
6am	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
	GRITBOX		GRITBOX	GRITBOX		
7am	CROSSFIT		CROSSFIT		CROSSFIT	CROSSFIT
						GRITBOX
8am	FITNESS / BOXING	FITNESS / BOXING	FITNESS / BOXING	FITNESS / BOXING	FITNESS / BOXING	CROSSFIT
9am						
10am						
11am						
12pm						
1pm	EXPRESS CLASS		EXPRESS CLASS		EXPRESS CLASS	
2pm						
3pm	CROSSFIT	CROSSFIT		CROSSFIT		
4pm	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
		GRITBOX				
4:30					CROSSFIT	
5pm	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
	GRITBOX	GRITBOX	GRITBOX	GRITBOX		
5:30					OLYMPIC LIFTING	
6pm	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
		GRITBOX		GRITBOX		
7pm	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
8pm						