



| Timings | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------|-----------------------------------|-----------------------------------|-----------------------------------|--------------------------------------|-----------------------------------|----------------------|--------|
| 0600-0700 | CrossFit Group Class | CrossFit Group Class | CrossFit Group Class | CrossFit Group Class | CrossFit Group Class | | |
| 0900-1000 | | | | | | CrossFit Group Class | |
| 0930-1030 | CrossFit Group Class ¹ | CrossFit Group Class ¹ | CrossFit Group Class ¹ | CrossFit Group Class ¹ | CrossFit Group Class ¹ | | |
| 1030-1130 | | | | CrossFit Advanced Class ² | | | |
| 1815-1915 | CrossFit Group Class | | CrossFit Group Class | | | | |
| 1830-1930 | | | | CrossFit Group Class | | | |
| 1900-2000 | | CrossFit Group Class | | | | | |
| 1930-2030 | CrossFit Group Class | | CrossFit Group Class | | CrossFit Group Class | | |

¹ This is a "Parents Class" children are welcome and encouraged to be brought along to watch, however no childcare is provided and parents are responsible for their children at all times.

² This is class is for advanced CrossFitters, you must qualify to attend this class. Contact Tommy if interested.