

CLASS TIMETABLE

RXBOXLIVE

		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
DAYTIME	7:00 - 12:30	6:30 - 7:20	CrossFit	6:30 - 7:20	CrossFit	6:30 - 7:20	CrossFit	6:30 - 7:20	CrossFit	6:30 - 7:20	CrossFit	9:00 - 9:50	CrossFit On-Ramp	9:00 - 9:45	Rx Kids (at RxBox)
		7:30 - 8:20	CrossFit	7:30 - 8:20	CrossFit	7:30 - 8:20	CrossFit	7:30 - 8:20	CrossFit	7:30 - 8:20	CrossFit	10:00 - 10:50	CrossFit	10:00 - 10:50	CrossFit
		8:30 - 9:00	Skill Time	8:30 - 9:00	Skill Time	8:30 - 9:00	Skill Time	8:30 - 9:00	Skill Time	8:30 - 9:00	Skill Time	11:00 - 11:50	CrossFit	11:00 - 11:50	CrossFit
												12:00 - 12:30	Skill Time	12:00 - 12:30	Skill Time

AFTERNOON/EVENING	12:30 - 9:00	12:30 - 1:20	CrossFit	12:30 - 1:20	CrossFit	12:30 - 1:20	CrossFit	12:30 - 1:20	CrossFit	12:30 - 1:20	CrossFit			5:00 - 6:00	Rx Yoga (at RxBox)
		1:30 - 2:00	Skill Time	1:30 - 2:00	Skill Time	1:30 - 2:00	Skill Time	1:30 - 2:00	Skill Time	1:30 - 2:00	Skill Time				
		4:00 - 4:50	Skill Time	4:00 - 4:50	Skill Time	4:00 - 4:50	Skill Time	4:00 - 4:50	Skill Time	4:00 - 4:50	Skill Time				
		5:00 - 5:50	CrossFit	5:00 - 5:50	CrossFit	5:00 - 5:50	CrossFit	5:00 - 5:50	CrossFit	5:00 - 5:50	CrossFit				
		6:00 - 6:50	CrossFit	6:00 - 6:50	CrossFit	6:00 - 6:50	CrossFit	6:00 - 6:50	CrossFit	6:00 - 6:50	CrossFit				
		7:00 - 7:50	CrossFit	7:00 - 7:50	CrossFit	7:00 - 7:50	CrossFit Weightlifting	7:00 - 7:50	CrossFit	7:00 - 7:50	CrossFit				
		8:00 - 8:45	CrossFit On-Ramp	8:00 - 9:00	Rx Pilates (at RxBox)	8:00 - 9:00	Rx Yoga (at RxBox)	8:00 - 9:00	Rx Pilates (at RxBox)						

- STRENGTH & CONDITIONING
- CARDIO, CORE & FAT BURN
- FUN KIDS FITNESS CLASSES
- BODY CONDITIONING, HIIT & FAT BURN
- MOBILITY, FLEXIBILITY, PHYSIOTHERAPY & MEDITATION
- PRACTICE CF SKILL & TECHNIQUES

PLEASE NOTE, THIS TIMETABLE IS SUBJECT TO CHANGE.