

# CROSSFIT PROGRAMME



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY									
MORNING	7:00 - 12:00	6:30 - 7:30	CrossFit	6:30 - 7:30	CrossFit	6:30 - 7:30	CrossFit	6:30 - 7:30	CrossFit	6:30 - 7:30	CrossFit	9:00 - 10:00	CrossFit	9:00 - 9:45	Rx Kids (at RxBox)		
		7:30 - 8:30	CrossFit	7:30 - 8:30	CrossFit	7:30 - 8:30	CrossFit	7:30 - 8:30	CrossFit	7:30 - 8:30	CrossFit	7:30 - 8:30	CrossFit	10:00 - 11:00	CrossFit	10:00 - 11:00	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	8:30 - 9:00	Skill Time	11:00 - 12:00	CrossFit	11:00 - 12:00	CrossFit
AFTERNOON/EVENING	12:00 - 9:00	12:30 - 1:30	CrossFit	12:30 - 1:30	CrossFit	12:30 - 1:30	CrossFit	12:30 - 1:30	CrossFit	12:30 - 1:30	CrossFit	12:00 - 12:45	Skill Time	12:00 - 1:00	CrossFit Weightlifting		
		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	12:00 - 12:45	CrossFit On-Ramp & Trial session	5:00 - 5:30 RxGym App	Rx Yoga (Zoom)		
		3:30 - 4:00	Skill Time	3:30 - 4:00	Skill Time	3:30 - 4:00	Skill Time	3:30 - 4:00	Skill Time	3:30 - 4:00	Skill Time						
		4:00 - 5:00	CrossFit	4:00 - 5:00	CrossFit	4:00 - 5:00	CrossFit	4:00 - 5:00	CrossFit	4:00 - 5:00	CrossFit						
		5:00 - 6:00	CrossFit	5:00 - 6:00	CrossFit	5:00 - 6:00	CrossFit	5:00 - 6:00	CrossFit	5:00 - 6:00	CrossFit						
		6:00 - 7:00	CrossFit	6:00 - 7:00	CrossFit	6:00 - 7:00	CrossFit	6:00 - 7:00	CrossFit	6:00 - 7:00	CrossFit						
		7:00 - 8:00	CrossFit	7:00 - 8:00	CrossFit	7:00 - 8:00	CrossFit Weightlifting	7:00 - 8:00	CrossFit	7:00 - 8:00	CrossFit						
		8:00 - 8:45	CrossFit On-Ramp & Trial session	7:30 - 8:00 RxGym App	Rx Pilates (Zoom)	7:30 - 8:00 RxGym App	Rx Yoga (Zoom)	7:30 - 8:00 RxGym App	Rx Pilates (Zoom)								

- 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.