

# 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                         | 9:00 - 10:00  | CrossFit   | 9:00 - 9:45   | Rx Kids                          |              |                        |
|                   |              | 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                       | 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 | 2:00 - 3:00  | Rx Pilates             |
|                   |              | 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 |               |                                  | 5:00 - 6:00  | Rx Yoga                |
|                   |              | 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 | 8:00 - 9:00  | Rx Pilates | 8:00 - 9:00  | Rx Yoga                | 8:00 - 8:45  | CrossFit On-Ramp & Trial session |               |            |               |                                  |              |                        |

- 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.