

# Spring Timetable

2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7.00-8.00 CrossFit	7.00-8.00 CrossFit	7.00-8.00 CrossFit	7.00-8.00 CrossFit	7.00-8.00 CrossFit		
8.00-9.15 Open Gym	8.00-9.15 Open Gym	8.00-9.15 Open Gym	8.00-9.15 Open Gym	8.00-9.15 Open Gym		
9.15-10.15 CrossFit	9.15-10.15 CrossFit	9.15-10.15 CrossFit	9.15-10.15 CrossFit	9.15-10.15 CrossFit	9.00-10.00 CrossFit	9.00-10.00 CrossFit
10.15-12.00 Open Gym	10.15-12.00 Open Gym	10.15-10.45 Mobility	10.15-12.00 Open Gym	10.15-12.00 Open Gym	10.00-12.00 Open Gym	10.00-10.45 Mobility
		10.15-12.00 Open Gym				
4.00-5.30 Open Gym		4.00-6.00 Open Gym				
3.50-4.30 CrossFit Kids		3.50-4.30 CrossFit Kids				
4.30-5.30 CrossFit Teens	4.00-5.30 Open Gym	4.30-5.30 CrossFit Teens	4.00-5.30 Open Gym	4.00-6.00 Open Gym		
5.30-6.30 CrossFit	5.30-6.30 CrossFit	5.30-6.30 CrossFit	5.30-6.30 CrossFit	4.30-5.30 CrossFit Teens		
6.30-7.30 CrossFit	6.30-7.30 CrossFit	6.30-7.30 Barbell	6.30-7.30 CrossFit	6.00-7.00 CrossFit		

£60pcm CrossFit  
 £10 Drop in (any class)  
 Please contact for Kids and Teens