



 Indicates co-ed session

Class Timetable							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-7am	CrossFit Class	CrossFit Class	CrossFit Class	CrossFit Class	CrossFit Class		NB — Each CrossFit session is for both Shape & Athlete levels
7-8am		CrossFit Class		CrossFit Class			
Sat 8-9am							
Sat 9-10am						CrossFit Class	☆
9:30-10:30am	Mums & Bubs CrossFit Class	Mums & Bubs CrossFit Class	Mums & Bubs CrossFit Class	Mums & Bubs CrossFit Class	Mums & Bubs CrossFit Class		
10:30-11:30am	Mums & Bubs CrossFit Class		Mums & Bubs CrossFit Class				NB — Crèche only available with Mums & Bubs sessions
Midday—3pm							
4-5pm	*Mums & Bubs CrossFit Class	*Mums & Bubs CrossFit Class	*Mums & Bubs CrossFit Class	*Mums & Bubs CrossFit Class	*Mums & Bubs CrossFit Class		
5-6pm	CrossFit Class	CrossFit Class	CrossFit Class	CrossFit Class	CrossFit Class		NB — Book-in required min 1hr prior for 4pm crèche use
6-7pm	CrossFit Class	CrossFit Class	CrossFit Class	CrossFit & Mobility Classes	CrossFit Class		

Contact for book-in: Elle 0449 132 466