

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						9:00 - 10:00 CROSSFIT 1 h
10:00 - 11:00 CROSSFIT 1 h						10:00 - 11:00 CROSSFIT 1 h
						FREE 11:00 - 11:30 MAX ABS 1 h
						FREE 11:30 - 12:30 BOOTCAMP 1 h
	12:15 - 13:00 CROSSFIT 45 mins	12:15 - 13:00 CROSSFIT 45 mins	12:15 - 13:00 CROSSFIT 45 mins	12:15 - 13:00 CROSSFIT 45 mins	12:15 - 13:00 CROSSFIT 45 mins	
	17:00 - 18:00 CROSSFIT 1 h	FREE 17:00 - 18:00 METABOLIC MAYHEM 1 h	17:00 - 18:00 CROSSFIT 1 h	17:00 - 18:00 CROSSFIT 1 h	17:00 - 18:00 CROSSFIT 1 h	
	18:00 - 19:00 CROSSFIT 1 h	18:00 - 19:00 CROSSFIT 1 h	FREE 18:00 - 19:00 BOOTCAMP 1 h	18:00 - 19:00 CROSSFIT 1 h	18:00 - 19:00 CROSSFIT 1 h	
	FREE 19:00 - 20:00 BOOTCAMP 1 h	19:00 - 20:00 CROSSFIT 1 h	FREE 19:00 - 19:30 MAX ABS 30 mins	FREE 19:00 - 20:00 BOOTCAMP 1 h		
			FREE 19:30 - 20:00 BOOTCAMP 30 mins			
	20:00 - 21:00 CROSSFIT 1 h	20:00 - 21:00 CROSSFIT SPARTAN 1 h	20:00 - 21:00 CROSSFIT 1 h	20:00 - 21:00 CROSSFIT 1 h		

Free classes are included in all our gym memberships. Valid for gym members only.

*Please note that the class schedule may change without notice.