

# GROUP CLASS TIMETABLE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.00 - 6.00 am	 CrossFit	 CrossFit	 CrossFit	 CrossFit	 CrossFit		
6.00 - 7.00 am	 CrossFit	 CrossFit	 CrossFit	 CrossFit	 CrossFit		
6.45 - 7.45 am						 Lift Club	
7.00 - 8.00 am	 CrossFit	 CrossFit	 CrossFit	 CrossFit	 CrossFit		
8.00 - 9.00 am						 CrossFit	
9.15 - 10.15 am	 CrossFit	 CrossFit	 CrossFit	 CrossFit	 CrossFit		
3.40 - 4.25 pm				 Hublet Kids			
5.00 - 6.00 pm	 CrossFit	 CrossFit	 CrossFit	 CrossFit	 CrossFit		
6.00 - 6.45 pm				 Pilates Matwork			