

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
06:00	CROSSFIT CLASS	CROSSFIT CLASS	ENGINE	CROSSFIT CLASS	CROSSFIT CLASS			
06:30								
07:00	CROSSFIT CLASS	CROSSFIT CLASS	ENGINE	CROSSFIT CLASS	CROSSFIT CLASS			
07:30								
08:00	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM			TEAM TRAINING
08:30								
09:00								
09:30	CROSSFIT CLASS	CROSSFIT CLASS	ENGINE	CROSSFIT CLASS	CROSSFIT CLASS	BIGNASTICS		
10:00								
10:30	BIGNASTICS	SILVER STRENGTH	OPEN GYM	SILVER STRENGTH	BIGNASTICS			
11:00								
11:30	OPEN GYM	OPEN GYM		OPEN GYM	OPEN GYM			
12:00								
12:30	CROSSFIT CLASS	CROSSFIT CLASS	ENGINE	CROSSFIT CLASS	CROSSFIT CLASS			
13:00								
13:30	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM			
14:00								
14:30								
15:00								
15:30								
16:00								
16:30					LIFT OFF			
17:00								
17:30	CROSSFIT CLASS	CROSSFIT CLASS	LIFT OFF	CROSSFIT CLASS	CROSSFIT CLASS			
18:00								
18:30	CROSSFIT CLASS	CROSSFIT CLASS	ENGINE	BIGNASTICS				
19:00								