Rebel Mel's Fitness and RMF CrossFit Schedule

NEW SCHEDULE STARTS Dec 1st , 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am-6:00am CROSSFIT BOOTCAMP	5:00am-6:00am CROSSFIT BOOTCAMP	5:00am-6:00am CROSSFIT YOGA STRENGTH TRAINING	5:00am-6:00am CROSSFIT BOOTCAMP	5:00am-6:00am CROSSFIT STRENGTH TRAINING	9:00am-10:00am UPSTAIRS-YOGA Downstairs- POWER HOUR (weights,trx,tabata style)
6:00AM-7:00AM CROSSFIT		6:00AM-7:00AM CROSSFIT		6:00AM-7:00AM CROSSFIT	
9:00am-10:00am CROSSFIT TRX	9:00am-10:00am CROSSFIT BOOTCAMP 9:30am-10:30am BARRE	9:00am-10:00am CROSSFIT YOGA	9:00am-10:00am CROSSFIT BOOTCAMP 9:30am-10:30am SHINE DANCE	9:00am-10:00am CROSSFIT TABATA	
10:15am-11:00am JUST WEIGHTS	10:15am-11:15am Dumbbells & Diapers	10:15am-11:00am JUST WEIGHTS	10:15am-11:15am Dumbbells & Diapers	10:15am-11:00am JUST WEIGHTS	
3:30pm-4:30pm CROSSFIT	3:30pm-4:30pm CROSSFIT	3:30pm-4:30pm CROSSFIT	3:30pm-4:30pm CROSSFIT	3:30pm-4:30pm CROSSFIT	MUST RESERVE YOUR SPOT ON BTWB
4:30pm-5:30pm CROSSFIT YOGA BOOTCAMP	4:30pm-5:30pm CROSSFIT STRENGTH TRAINING	4:30pm-5:30pm CROSSFIT TRX	4:30pm-5:30pm CROSSFIT STRENGTH TRAINING	4:30pm-5:30pm JUST WEIGHTS	
5:30PM-6:30PM CROSSFIT UPLIFT	5:30PM-6:30PM CROSSFIT AEROFLEX	5:30PM-6:30PM CROSSFIT YOGA	5:30PM-6:30PM CROSSFIT AEROFLEX	5:30PM-6:30PM CROSSFIT	
6:30PM-7:30PM ZUMBA	6:30PM-7:30PM DANCE FIT	6:30PM-7:30PM ZUMBA	6:30PM-7:30PM ZUMBA		