

# Rebel Mel's Fitness and RMF CrossFit Schedule

**NEW SCHEDULE STARTS January 13<sup>th</sup>, 2025**

| Monday  | Tuesday                                | Wednesday                                | Thursday                               | Friday                               | Saturday  |
|---|--|--|--|--------------------------------------|---|
| 5:00am-6:00am<br>CROSSFIT<br>BOOTCAMP         | 5:00am-6:00am<br>CROSSFIT<br>BOOTCAMP  | 5:00am-6:00am<br>CROSSFIT<br>WARM YOGA   | 5:00am-6:00am<br>CROSSFIT<br>BOOTCAMP  | 5:00am-6:00am<br>CROSSFIT<br>TABATA  | 9:00am-10:00am<br>Rotating Studio Class<br>Yoga<br>Cycle<br>Bootcamp<br>TRX |
| 6:00am-7:00am<br>CROSSFIT                     | 6:00am-7:00am<br>CROSSFIT              | 6:00am-7:00am<br>CROSSFIT                | 6:00am-7:00am<br>CROSSFIT              | 6:00am-7:00am<br>CROSSFIT            |   |
| 9:00am-10:00am<br>CROSSFIT<br>TRX             | 9:00am-10:00am<br>CROSSFIT<br>BOOTCAMP | 9:00am-10:00am<br>CROSSFIT<br>WARM YOGA  | 9:00am-10:00am<br>CROSSFIT<br>BOOTCAMP | 9:00am-10:00am<br>CROSSFIT<br>TABATA | 9:00am-10:00am<br>CrossFit  |
| 10:15am-10:45am<br>Just Weights               |  | 10:15am-10:45am<br>Just Weights          |  | 10:15am-10:45am<br>Just Weights      |   |
| 3:30pm-4:30pm<br>CROSSFIT                     | 3:30pm-4:30pm<br>CROSSFIT              | 3:30pm-4:30pm<br>CROSSFIT                | 3:30pm-4:30pm<br>CROSSFIT              | 3:30pm-4:30pm<br>CROSSFIT            |   |
| 4:30pm-5:30pm<br>CROSSFIT<br>YOGA<br>BOOTCAMP | 4:30pm-5:30pm<br>CROSSFIT<br>BOOTCAMP  | 4:30pm-5:30pm<br>CROSSFIT<br>TRX         | 4:30pm-5:30pm<br>CROSSFIT<br>BOOTCAMP  | 4:30pm-5:30pm<br>TABATA              |   |
| 5:30PM-6:30PM<br>BOOTCAMP                     | 5:30pm-6:30pm<br>CrossFit              | 5:30PM-6:30PM<br>TRX<br>YOGA<br>CrossFit |  |                                      |   |
| 6:00pm-7:00pm<br>AEROFLEX                     |  |  | 6:00pm-7:00pm<br>AEROFLEX              |                                      |   |

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