

Rebel Mel's Fitness and RMF CrossFit schedule

Effective January 11th, 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am-6:00am CrossFit Training w/ Tom	5:00am-6:00am CrossFit training w/ Coach	5:00am-6:00am CrossFit training w/ Renee	5:00am-6:00am CrossFit training w/ Allison	5:00am-6:00am CrossFit training w/ Allison	
6:00am-7:00am CrossFit training w/ Mels	6:00am-7:00am CrossFit training w/ Mels	6:00am-7:00am CrossFit training w/ Renee	6:00am-7:00am CrossFit training w/ Mels	6:00am-7:00am CrossFit training w/ Tom	9:15-10:15am Barre training (2 nd , 4 th) TRX training (1 st , 3 rd , 5 th) CrossFit training
8:30am-9:30am CrossFit training w/ Mels	8:30am-9:30am Crossfit training w/ Mels	8:30am-9:30am CrossFit training w/ Mels	8:30am-9:30am CrossFit training w/ Mels	8:30am-9:30am CrossFit training w/ Mels Warm Yoga w/ Lynn	10:15am-11:00am ROMWOD/Myofascial Release (a class for mobility)
9:30am-10:30am CrossFit training w/ Renee TRX training w/ Jodi	9:30am-10:30am CrossFit training w/ Coach Barre training w/ Lisa	9:30am-10:30am CrossFit training w/ Mels Warm Yoga training w/ Rachell	9:30am-10:30am CrossFit training w/ Renee Tabata training w/ Jordyn	9:30am-10:30am CrossFit training w/ coach	Club Hours M-F 5am-12pm 3pm-7pm & Saturday 7:30am-12pm & Sunday - Closed Kid's Club Hours Temporarily Closed Foundations Classes FREE 2 required Schedule at Front Desk with Trainer/Coach
3:30pm-4:30pm Crossfit training w/ Mels	3:30pm-4:30pm Crossfit training w/ Mels Barre training w/ Rosalie	3:30pm-4:30pm Crossfit training w/ Rena	3:30pm-4:30pm Crossfit training w/ Mels	3:30pm-4:30pm Crossfit training w/ Mels	
4:30pm-5:30pm CrossFit training w/ coach Hatha Yoga training w/ Rachell	4:30pm-5:30pm CrossFit training w/ coach	4:30pm-5:30pm CrossFit training w/ Rena TRX training w/ Shannon	4:30pm-5:30pm CrossFit training w/ coach	4:30pm-5:30pm CrossFit training w/ coach Tabata training w/ Jodi	
5:30pm-6:30pm CrossFit training w/ Jackie	5:30pm-6:30pm CrossFit training w/ coach Tabata training w/ Shannon	5:30pm-6:30pm Crossfit training w/ Rena	5:30pm-6:30pm Crossfit training w/ Jackie Yoga training w/ Jody		

Rebel Mel's Fitness & RMF CrossFit – 360-863-2978 – Rebelmelsfitness.com – facebook.com/rebelmelsfitness

All participants should be in good health and consult a physician before engaging in an exercise program.

*please sign up for your reserved time online through the mind body app