

Rebel Mel's Fitness and RMF CrossFit schedule

Effective July 5th, 2021

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday  |
|--|---|--|--|---|---|
| 5:00am-6:00am<br>CrossFit Training w/ Tom<br>Bootcamp  | 5:00am-6:00am<br>CrossFit training w/ Mels<br>Bootcamp                                      | 5:00am-6:00am<br>CrossFit training w/ Renee  | 5:00am-6:00am<br>CrossFit training w/ Allison<br>Bootcamp                                  | 5:00am-6:00am<br>CrossFit training w/ Allison<br>Bootcamp                         | 8:00am-9:00am<br>Cycle w/ Melissa   |
| 6:00am-7:00am<br>CrossFit training w/ Mels   | 6:00am-7:00am<br>CrossFit training w/ Mels  | 6:00am-7:00am<br>CrossFit training w/ Renee  | 6:00am-7:00am<br>CrossFit training w/ Mels   | 6:00am-7:00am<br>CrossFit training w/ Tom   | 9:15-10:15am<br>Alternating Schedule<br>TRX training-Yoga<br>CrossFit training  |
| 8:30am-9:30am<br>CrossFit training w/ Mels   | 8:30am-9:00am<br>Crossfit training w/ Mels<br>HITT w/ Shannon                               | 8:30am-9:30am<br>CrossFit training w/ Mels   | 8:30am-9:00am<br>CrossFit training w/ Mels<br>HITT w/ Jodi                                 | 8:30am-9:30am<br>CrossFit training w/ Mels<br>Warm Yoga w/ Lynn                   |   |
| 9:30am-10:30am<br>CrossFit training w/ Renee<br>TRX training w/ Jodi<br>Kids fit<br>Bootcamp | 9:30am-10:30am<br>CrossFit training w/ Mels<br>Barre training w/ Lisa<br>Bootcamp           | 9:30am-10:30am<br>CrossFit training w/ Mels<br>Warm Yoga training w/ Rachell<br>Kids fit | 9:30am-10:30am<br>CrossFit training w/ Renee<br>Cycle w/ Melissa<br>Bootcamp               | 9:30am-10:30am<br>CrossFit training w/ Mels<br>Bootcamp                           | <p><b>Club Hours</b><br/>M-F 5am-7pm<br/>Saturday 7:30am-12pm<br/>&amp;<br/>Sunday - Closed</p> <p><b>Kid's Club Hours</b><br/>Mon-Fri<br/>8:15am-11:00am<br/>3:30pm-7:00pm<br/>Saturdays<br/>9:00am-11am</p> <p><b>NOW 24/7 ACCESS</b><br/>Ask the front desk for more details</p> |
| 12:15pm-1:15pm<br>CrossFit training w/ Mels  |   | 12:15pm-1:15pm<br>CrossFit training w/ Mels  |  | 12:15pm-1:15pm<br>CrossFit training w/ Renee                                      |   |
| 3:30pm-4:30pm<br>Bootcamp  | 3:30pm-4:30pm<br>Bootcamp   |  | 3:30pm-4:30pm<br>Bootcamp  | 3:30pm-4:30pm<br>Bootcamp   |   |
| 4:30pm-5:30pm<br>CrossFit training w/ Mary<br>Hatha Yoga training w/ Rachell<br>Bootcamp     | 4:30pm-5:30pm<br>CrossFit training w/ Mary<br>Bootcamp                                      | 4:30pm-5:30pm<br>CrossFit training w/ Mels<br>TRX training w/ Shannon                    | 4:30pm-5:30pm<br>CrossFit training w/ Jackie<br>Bootcamp                                   | 4:30pm-5:30pm<br>CrossFit training w/ Mels<br>Tabata training w/ Jodi<br>Bootcamp |   |
| 5:30pm-6:30pm<br>CrossFit training w/ Mary<br>6:00pm Bootcamp                                | 5:30pm-6:30pm<br>CrossFit training w/ Mary<br>Tabata training w/ Shannon<br>6:00pm Bootcamp | 5:30pm-6:30pm<br>Crossfit training w/ Mels   | 5:30pm-6:30pm<br>Crossfit training w/ Mels<br>Yoga training w/ Shauntae<br>6:00pm Bootcamp | 6:00pm Bootcamp   |   |

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