

Rebel Mel's Fitness and RMF CrossFit Schedule

NEW SCHEDULE STARTS June 1st, 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am-6:00am CROSSFIT BOOTCAMP	5:00am-6:00am CROSSFIT BOOTCAMP	5:00am-6:00am CROSSFIT WARM YOGA	5:00am-6:00am CROSSFIT BOOTCAMP	5:00am-6:00am CROSSFIT TABATA	9:00am-10:00am Rotating Studio Class Yoga Cycle Bootcamp TRX
6:00am-7:00am CROSSFIT	6:00am-7:00am CROSSFIT	OPEN GYM	6:00am-7:00am CROSSFIT	6:00am-7:00am CROSSFIT	
9:00am-10:00am CROSSFIT TRX	9:00am-10:00am CROSSFIT BOOTCAMP	9:00am-10:00am CROSSFIT WARM YOGA	9:00am-10:00am CROSSFIT BOOTCAMP	9:00am-10:00am CROSSFIT TABATA	9:00am-10:00am Meet me at the Barbell
10:15am-10:45am Just Weights		10:15am-10:45am Just Weights		10:15am-10:45am Just Weights	What is: Meet Me At The Barbell? Work on Barbell Technique- Jerks, Cleans, Deadlifts, Squats, Snatches- Followed by a short WOD
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	
4:30pm-5:30pm CROSSFIT YOGA BOOTCAMP	4:30pm-5:30pm CROSSFIT BOOTCAMP	4:30pm-5:30pm CROSSFIT TRX	4:30pm-5:30pm CROSSFIT BOOTCAMP	4:30pm-5:30pm TABATA	
		5:30PM-6:30PM YOGA			
6:00pm-7:00pm AEROFLEX			6:00pm-7:00pm AEROFLEX		
