

Rebel Mel's Fitness and RMF CrossFit schedule

Effective May 2nd, 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am-6:00am CrossFit w/ Tom	5:00am-6:00am CrossFit w/ Mels	5:00am-6:00am CrossFit w/ Mels	5:00am-6:00am CrossFit w/ Allison	5:00am-6:00am CrossFit w/ Allison	8:00am-9:00am Cycle w/ Melissa
6:00am-7:00am CrossFit w/ Mels	6:00am-7:00am CrossFit w/ Mels	6:00am-7:00am CrossFit w/ Mels Yoga w/ Roni	6:00am-7:00am CrossFit w/ Mels	6:00am-7:00am CrossFit w/ Tom	9:15-10:15am Alternating Schedule TRX training-Yoga CrossFit w/
8:30am-9:30am CrossFit w/ Mels	8:30am-9:30am Crossfit w/ Mels	8:30am-9:30am CrossFit w/ Mels	8:30am-9:30am CrossFit w/ Mels	8:30am-9:30am CrossFit w/ Mels Warm Yoga w/ Lynn	
	9:00am-9:30am HITT -Gabby		9:00am-9:30am HITT w/ Jodi		
9:30am-10:30am CrossFit w/ Renee TRX training w/ Jodi	9:30am-10:30am CrossFit training w/ Coach Tabata w/ Gretchen	9:30am-10:30am CrossFit w/ Mels Warm Yoga training w/ Rachell Little Rebels Fitness Ages 2-4	9:30am-10:30am CrossFit w/ Renee Cycle w/ Various	9:30am-10:30am CrossFit w/ Mels HIIT w/ Gretchen	Club Hours Open 24 hours Kid's Club Hours Mon-Fri 8:15am-11:00am 3:30pm-7:00pm Saturdays 9:00am-11am NOW 24/7 ACCESS Ask the front desk for more details
3:30pm-4:30pm Teens CrossFit w/ Jackie (All are welcome to join class)	3:30pm-4:30pm Teens CrossFit w/ Mels (All are welcome to join class)	3:30pm-4:30pm Teens CrossFit w/ Mels (All are welcome to join class)	3:30pm-4:30pm Teens CrossFit w/ (All are welcome to join class)	3:30pm-4:30pm Teens CrossFit (All are welcome to join class)	
4:30pm-5:30pm CrossFit w/ Jackie Hatha Yoga training w/ Rachell	4:30pm-5:30pm CrossFit w/ Jo Kids fit Cycle w/ Various	4:30pm-5:30pm CrossFit w/ Mels TRX training w/ Shannon	5:00-5:30pm HIIT w/ Gabby 4:30pm-5:30pm CrossFit w/ Kids fit	4:30pm-5:30pm CrossFit w/ Mels Tabata training w/ Jodi	
5:30pm-6:30pm CrossFit w/ Jackie	5:30pm-6:30pm CrossFit w/ Jo Tabata training w/ Shannon	5:30pm-6:30pm Crossfit w/ Mels Yoga w/ Stephanie	5:30pm-6:30pm Crossfit w/ Yoga training w/ Shauntae		

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.

***New classes highlighted**