

# Rebel Mel's Fitness and RMF CrossFit Schedule

NEW SCHEDULE STARTS May 1st , 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
5:00am-6:00am CROSSFIT BOOTCAMP	5:00am-6:00am CROSSFIT BOOTCAMP	5:00am-6:00am CROSSFIT	5:00am-6:00am CROSSFIT BOOTCAMP WARM YOGA	5:00am-6:00am CROSSFIT	8:30am-9:30am Cycle 1 <sup>st</sup> & 3 <sup>rd</sup> Yoga 2 <sup>nd</sup> & 4 <sup>th</sup> 5 <sup>th</sup> Saturday various PARTNER WORKOUT
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	The 1 <sup>st</sup> Sunday of the month Yoga 9:00AM
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 CYCLE BOOTCAMP	4:30pm-5:30pm CROSSFIT TRX	4:30pm-5:30pm CROSSFIT BOOTCAMP	4:30pm-5:30pm CROSSFIT TABATA	
5:30PM-6:30PM BOOTAMP		5:30PM-6:30PM TRX YOGA			
6:00pm-7:00pm Aeroflex			6:00pm-7:00pm Aeroflex		