

Rebel Mel's Fitness and RMF CrossFit schedule

Effective 10/4/2021

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

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