

Rebel Mel's Fitness and RMF CrossFit schedule

Effective September 12th, 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/ Mels
6:00am-7:00am CrossFit w/ Mels	6:00am-7:00am CrossFit w/ Mels	6:00am-7:00am CrossFit w/ Mels	6:00am-7:00am CrossFit w/ Mels	6:00am-7:00am CrossFit w/ Tom	9:15am-9:45am HIIT CrossFit w/ Various
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/ Various	<b>NEW</b> <b>SUNDAY SWEAT</b> <b>SESH 9:00AM</b> <b>WORKOUTS VARY</b>
	9:00am-9:30am HITT -Gabby	9:00am-9:30am HIIT w/ Rachell	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	9:30am-10:30am CrossFit w/ Renee Cycle w/ Various	9:30am-10:30am CrossFit 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-6:00pm Saturdays 8:00am-11am  <b>NOW 24/7 ACCESS</b> 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/ various (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 Kids Fit w/ Megan	4:30pm-5:30pm CrossFit w/ Jo Cycle w/ Various	4:30pm-5:30pm CrossFit w/ Mels TRX training w/ Shannon Kids Fit w/ Megan	4:30pm-5:30pm CrossFit w/ various	4:30pm-5:30pm CrossFit w/ Mels Tabata training w/ Jodi	
5:30pm-6:30pm CrossFit w/ Jackie Beginner's Fitness w/ Gabby (30min)	5:30pm-6:30pm CrossFit w/ Jo Tabata training w/ Shannon	5:30pm-6:30pm Crossfit w/ Various Yoga w/ Stephanie Beginner's Fitness w/ Mels (30min)	5:30pm-6:30pm Crossfit w/ various HIIT w/ Gabby		

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