

Rebel Mel's Fitness and RMF CrossFit Schedule

NEW SCHEDULE STARTS April 9th, 2023

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|---|--|
| 5:00am-6:00am CrossFit Bootcamp | 5:00am-6:00am CrossFit Bootcamp | 5:00am-6:00am CrossFit | 5:00am-6:00am CrossFit Bootcamp | 5:00am-6:00am CrossFit Bootcamp | 8:00am-9:00am Cycle w/ Various |
| 6:00am-7:00am CrossFit | 6:00am-7:00am CrossFit | 6:00am-7:00am CrossFit | 6:00am-7:00am CrossFit | 6:00am-7:00am CrossFit | 9:15am-10:15am CrossFit HIIT |
| 9:00am-9:30am Beginners Fitness 30 min | | 9:00am-9:30am Beginners Fitness 30min | | | |
| 9:30am-10:30am CrossFit TRX w/ Jodi Bootcamp | 9:30am-10:30am CrossFit Tabata w/ Jodi Bootcamp | 9:30am-10:30am CrossFit Warm Yoga w/ Rachell Weights only | 9:30am-10:30am CrossFit Cycle w/ Holly Bootcamp | 9:30am-10:30am CrossFit Trapeze Yoga w/ Ashley Bootcamp | Club Hours Open 24 hours Kid's Club Hours Mon-Fri 8:45am-11:00am 3:30pm-7:00pm Saturdays 8:00am-11am NOW 24/7 ACCESS Ask the front desk for more details |
| 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 Hatha Yoga w/ Rachell 4:30pm Bootcamp | 4:30pm-5:30pm CrossFit Cycle w/ Aimee & Melissa 4:30pm Bootcamp | 4:30pm-5:30pm CrossFit TRX w/ Shannon | 4:30pm-5:30pm CrossFit 4:30pm Bootcamp RMF Run Club | 4:30pm-5:30pm CrossFit Tabata w/ Jodi | |
| 5:30pm-6:30pm CrossFit MixedFit w/ Sheri Beginner's Fitness (30min) | 5:30pm-6:30pm CrossFit Tabata w/ /shannon | 5:30pm-6:30pm Crossfit Yoga Beginner's Fitness (30min) | 5:30pm-6:30pm Crossfit | | |

