

Rebel Mel's Fitness and RMF CrossFit Schedule

NEW SCHEDULE STARTS JULY 1ST, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am-6:00am CROSSFIT BOOTCAMP	5:00am-6:00am CROSSFIT BOOTCAMP	5:00am-6:00am CROSSFIT WARM YOGA	5:00am-6:00am CROSSFIT BOOTCAMP	5:00am-6:00am CROSSFIT	8:30am-9:30am Cycle 1 st & 3 rd Yoga 2 nd & 4 th 5 th Saturday various SATURDAY PARTNER WORKOUT
	6:00am-7:00am CROSSFIT		6:00am-7:00am CROSSFIT		
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	Starting June 23 rd Sunday Classes 9AM (check online for class format)
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 TABATA	
5:30PM-6:30PM BOOTAMP		5:30PM-6:30PM TRX			
6:00pm-7:00pm AEROFLEX			6:00pm-7:00pm AEROFLEX		