

Rebel Mel's Fitness and RMF CrossFit Schedule

NEW SCHEDULE STARTS MARCH 4TH , 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 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 CYCLE	9:00am-10:00am CROSSFIT TABATA	The 1 st 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		