

Rebel Mel's Fitness and RMF CrossFit Schedule

NEW SCHEDULE STARTS January 5th, 2025

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 JUST WEIGHTS	9:00am-10:00am Rotating Studio Class Yoga Cycle Bootcamp TRX Zumba Dance Fit
6:00am-7:00am CROSSFIT	6:00am-7:00am CROSSFIT		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	9:00am-10:00am CROSSFIT/OLY WEIGHT LIFTING
10:15am-11:00am JUST WEIGHTS		10:15am-11:00am JUST WEIGHTS		10:15am-11:00am JUST WEIGHTS	
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 BOOTCAMP	4:30pm-5:30pm CROSSFIT TRX	4:30pm-5:30pm CROSSFIT/OLY WEIGHT LIFTING BOOTCAMP	4:30pm-5:30pm JUST WEIGHTS	
5:30PM-6:30PM AEROFLEX	5:30PM-6:30PM CYCLE	5:30PM-6:30PM YOGA JUST WEIGHTS	5:30PM-6:30PM CYCLE		
6:30PM-7:30PM ZUMBA	6:30PM-7:30PM DANCE FIT	6:30PM-7:30PM ZUMBA	6:30PM-7:30PM AEROFLEX		