

TIMETABLE CROSSFIT MERCHTEM

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
9		CrossFit	Open gym	CrossFit	Open gym		
10		Open gym	Open gym	Competition class	Open gym	CrossFit KIDS	Open gym
11	Open gym	Open gym	Open gym	Competition class	Open gym	Open gym	Open gym
12	Open gym				Open gym	Gymnastics	Open gym
13	Open gym					CrossFit	Open gym
14	Open gym	Open gym	CrossFit KIDS	Open gym		Team training	Open gym
15	Open gym	Open gym	Open gym	Open gym		Open gym	
16	Open gym	Open gym	Open gym	Open gym	Open gym		
17	Strength Class	Open gym	Open gym	General conditioning	Open gym		
18	CrossFit	CrossFit	CrossFit	CrossFit	Open gym		
19	Aerobic capacity	Weightlifting	CrossFit KIDS	Mobility	Gymnastics		
20	CrossFit	CrossFit	Barbell cycling	Aerobic capacity	Barbell cycling		
21	CrossFit	Open gym	Open gym	CrossFit	Open gym		

Please note: this timesheet is subject to changes