

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Personal Training	CrossFit Class	Personal Training	CrossFit Class	Personal Training		
7:30 AM			Seniors CrossFit Class				
9:00 AM		Physiotherapy				CrossFit Class	
10:00 AM						CrossFit Class	
11:00 AM						Physio/PT	
12:00 PM							
1:00 PM							
2:00 PM			Physiotherapy				
3:00 PM							
4:00 PM							
5:00 PM							
5:30 PM	CrossFit Class						
6:30 PM	CrossFit Class	CrossFit Class	CrossFit Class	Physio/PT			
7:30 PM			CrossFit Class				