



# CROSSFIT ESSENDON TIMETABLE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM		CrossFit Class	CrossFit Class	CrossFit Class	CrossFit Class		
8:30 AM						CrossFit Class	
9:30 AM						CrossFit Class	
10:00 AM							
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM	CrossFit Class		CrossFit Class				
5:30 PM				CrossFit Class	CrossFit Class		
6:00 PM	CrossFit Class		CrossFit Class				
6:30 PM		CrossFit Class		CrossFit Class			
7:00 PM	CrossFit Class		CrossFit Class				