



CrossFit Effects
FOR THE LIFE OF THE GYM

Session Time Table

Timings	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0600 – 0700hrs	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	
0700 – 0800hrs	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit		
0730 – 0830hrs						Crossfit	Open Gym
0900 – 1000hrs						Crossfit	By appointment
1200 – 1300hrs	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit		
1545 – 1630hrs			Kids Class 2 – 6yrs				
1600 – 1700hrs	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit		
1630 -1715hrs			Kids Class 6 – 15yrs				
1700 – 1800hrs	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit		
1800 – 1900hrs	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit		
1900 – 2000hrs	Crossfit	Crossfit & Fundamentals	Crossfit	Crossfit & Fundamentals	Crossfit		

Gym is open from 0600 – 2000hrs Monday - Friday. The gym floor is reserved for CrossFit workout of the day (WOD). Clients may use the gym facility to practice or complete the WOD outside class timings. **Timings Subject to Change.**