

CLASS TIMETABLE

Class Time	Sunday	Monday	Tuesday	Wednesday	Thursday
9:00 - 10:00	CrossFit Creche	CrossFit Creche	CrossFit Creche	CrossFit Creche	CrossFit Creche
15:30 - 16:30	The MetCon	The MetCon	The MetCon	The MetCon	The MetCon
16:00 - 17:00	CrossFit Yas	CrossFit Yas	CrossFit Yas	CrossFit Yas	CrossFit Yas
17:00 - 18:00	CrossFit Yas	CrossFit Yas	CrossFit Yas	CrossFit Yas	CrossFit Yas
17:30 - 18:30	The MetCon	The MetCon	The MetCon	The MetCon	The MetCon
18:00 - 19:00	CrossFit Yas	CrossFit Yas	CrossFit Yas	CrossFit Yas	CrossFit Yas
18:30 - 19:30	The MetCon	Boxing	The MetCon	AB Blast	
19:00 - 20:00	CrossFit Yas	CrossFit Yas	CrossFit Yas	CrossFit Yas	CrossFit Yas
20:00 - 21:00	CrossFit Yas	CrossFit Yas	CrossFit Yas	CrossFit Yas	
	10:00 - 11:00	11:00 - 12:00	12:00 - 13:00		
Saturday	CrossFit Yas	The MetCon	CrossFit Yas		