



CROSSFIT MORELAND TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
6:00am	CrossFit Class & Open Training	CrossFit Class & Open Training	CrossFit Class & Open Training	CrossFit Class & Open Training	CrossFit Class & Open Training	7:00am	CrossFit Class & Open Training	
7:00am	CrossFit Class & Open Training	CrossFit Class & Open Training	CrossFit Class & Open Training	CrossFit Class & Open Training	CrossFit Class & Open Training	8:00am	CrossFit Class & Open Training	Free Intro Session
9:30am	CrossFit Class & Open Training	CrossFit Class & Open Training	CrossFit Class & Open Training	CrossFit Class & Open Training	CrossFit Class & Open Training	9:00am	CrossFit Class & Open Training	Free Intro Session
10:30am - 1:30pm	Open Training	Open Training	Open Training	Open Training	Open Training			CrossFit Class & Open Training
4:30pm	Open Training	Open Training	Open Training	Open Training	Open Training			CrossFit Class & Open Training
5:30pm	CrossFit Class & Open Training	CrossFit Class & Open Training	CrossFit Class & Open Training	CrossFit Class & Open Training	CrossFit Class & Open Training			
6:30pm	CrossFit Class & Open Training	CrossFit Class & Open Training	CrossFit Class & Open Training	CrossFit Class & Open Training	CrossFit Class & Open Training			

