

2020

# CLASS TIMETABLE



MON

- ◆ 05:30 AM
- ◆ 06:30 AM
- ◆ 09:15 AM
- ◆ 12:15 PM
- ◆ 04:00 PM
- ◆ 05:00 PM
- ◆ 06:00 PM
- ◆ 07:00 PM

TUE

- ◆ 05:30 AM
- ◆ 06:30 AM
- ◆ 09:15 AM
- ◆ 12:15 PM
- ◆ ACTIVE KIDS CLASS\* 4:00 PM
- ◆ 05:00 PM
- ◆ 06:00 PM

WED

- ◆ 05:30 AM
- ◆ 06:30 AM
- ◆ 09:15 AM
- ◆ 12:15 PM
- ◆ 04:00 PM
- ◆ 05:00 PM
- ◆ 06:00 PM
- ◆ 07:00 PM

THU

- ◆ 05:30 AM
- ◆ 06:30 AM
- ◆ 09:15 AM
- ◆ 12:15 PM
- ◆ ACTIVE KIDS CLASS\* 4:00 PM
- ◆ 05:00 PM
- ◆ 06:00 PM

FRI

- ◆ 05:30 AM
- ◆ 06:30 AM
- ◆ 09:15 AM
- ◆ 12:15 PM
- ◆ 04:00 PM
- ◆ 05:00 PM
- ◆ 06:00 PM

SAT

- ◆ 06:00 AM
- ◆ 07:00 AM
- ◆ 08:00 AM
- ◆ ACTIVE KIDS CLASS\* 9:00 AM

SUN

- ◆ 09:00 AM CARDIO CLASS

WANT TO EXERCISE OUTSIDE CLASS TIMES OR DO THE WORKOUT OF THE DAY?

We offer open gym throughout the entire week! We offer more open gym hours than any other box in Geelong!

## OPEN GYM TIME

MONDAY 5:30AM – 8:00PM

TUESDAY 5:30AM – 8:00PM

WEDNESDAY 5:30AM – 8:00PM

THURSDAY 5:30AM – 8:00PM

FRIDAY 5:30AM – 7:00PM

SATURDAY 6:00AM – 10:00AM

SUNDAY 9:00AM – 10:00AM

\*ACTIVE KIDS GEELONG IS A SEPARATE PROGRAM FROM THE CLASS TIMETABLE. (Ran only during Victorian School Terms)

This requires ALL private bookings to be run through: [angie@crossfitgeelong.com.au](mailto:angie@crossfitgeelong.com.au) or call on: 0449 715 851

Call: 52225525

SMS: 0419 009 776

EMAIL: [reception@crossfitgeelong.com.au](mailto:reception@crossfitgeelong.com.au)

WEBSITE: [www.crossfitgeelong.com.au](http://www.crossfitgeelong.com.au)