



group
personal**training**

timetable

time	monday	tuesday	wednesday	thursday	friday	saturday	sunday
6.00am	crossfit	crossfit	crossfit mobility	crossfit	crossfit		
7.00am			crossfit			crossfit	
8.30am					trx l.b.t		
9.15am			trx circuit				
4.30pm	crossfit	crossfit					
5.30pm	trx extreme				crossfit		
6.30pm			crossfit	crossfit		oxygenmind&bodyfitness™	

for more information on crossfit have a chat to chantale, chris or lachlan. for trx, see karlie.