

**TIMETABLE**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00am	WOD 7AM - 8AM	WOD 7AM - 8AM	WOD 7AM - 8AM	WOD 7AM - 8AM	WOD 7AM - 8AM		
8:00am	WOD 7AM - 8AM	WOD 7AM - 8AM	WOD 7AM - 8AM		WOD 7AM - 8AM		
9:00am						WOD 9AM - 10AM	
9:15am	WOD 9:15AM - 10:15AM	WOD 9:15AM - 10:15AM	WOD 9:15AM - 10:15AM		WOD 9:15AM - 10:15AM		
10:00am						WOD 10AM - 11AM	
10:30am	OPEN GYM 10:30AM - 12:30PM		OPEN GYM 10:30AM - 12:30PM		OPEN GYM 10:30AM - 12:30PM		
1:00pm							OPEN GYM 1PM - 3PM
3:00pm		OPEN GYM 3PM - 5PM		OPEN GYM 3PM - 5PM			
5:00pm	WOD 5PM - 6PM	WOD 5PM - 6PM	WOD 5PM - 6PM	WOD 5PM - 6PM	WOD 5PM - 6PM		
6:00pm	WOD 6PM - 7PM	WOD 6PM - 7PM	WOD 6PM - 7PM	WOD 6PM - 7PM	WOD 6PM - 7PM		
7:00pm	WOD 7PM - 8PM	OLYMPIC LIFTING 7PM - 8:30PM	WOD 7PM - 8PM	WOD 7PM - 8PM	WOD 7PM - 8PM		