

## Group Training Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
6:00am	CrossFit	Cell (45m)	CrossFit	Cell (45m)	Cell (45m)	CrossFit
7:00am						CrossFit
7:30am						Townsville Barbell
8:30am		Fit@50		Fit@50		
9:30am	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
10:30am	Mums & Bubs		Mums & Bubs		Mums & Bubs	
3:45pm		Teens Strength	Junior Fit	Teens Strength		
4:30pm		Townsville Barbell		Townsville Barbell		
5:00pm	CrossFit	CrossFit	CrossFit	CrossFit		
5:30pm					CrossFit	
6:00pm	CrossFit	CrossFit	CrossFit	CrossFit		

\*\*\*\* Mums & Bubs start June 4 2018 \*\*\*\*