



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					10:00AM CrossFit Class	10:00AM CrossFit Class
					11:00AM CrossFit Class	
12:30PM CrossFit Class	12:30PM CrossFit Class	12:30PM CrossFit Class	12:30PM CrossFit Class	12:30PM CrossFit Class	12:00NN Wellness Class	
					1:00PM CrossFit Class	1:00PM CrossFit Class
2:00PM-6:00PM Open Gym <sup>(1)(2)</sup>	2:00PM -6:00PM Open Gym <sup>(1)(2)</sup>	2:00PM -6:00PM Open Gym <sup>(1)(2)</sup>	2:00PM -6:00PM Open Gym <sup>(1)(2)</sup>	2:00PM-6:00PM Open Gym <sup>(1)(2)</sup>	2:00PM-6:00PM Open Gym <sup>(1)(2)</sup>	2:00PM-6:00PM Open Gym <sup>(1)(2)</sup>
				2:30PM CrossFit Kids & Teens		2:30PM CrossFit Kids & Teens
7:00PM Yoga Group Class – Rico Full Body Yoga Flow. All levels.	7:00PM Yoga Group Class - Eva Hatha 1. All levels.	7:00PM Yoga Group Class - Mandy Core & Inversion. Level 2: Intermediate.	7:00PM Yoga Group Class - Mandy Inversion Introduction. Level 1: Beginner.	7:00PM Yoga Group Class - Eva Deep Stretch. Relaxing mind & body. All levels.		4:30PM Yoga Group Class – Rico Gentle Stretch for Muscle Relief. All levels.
7:00PM CrossFit Class	7:00PM CrossFit Class	7:00PM CrossFit Class	7:00PM CrossFit Class	7:00PM CrossFit Class		
8:00PM CrossFit Class	8:00PM CrossFit Class	8:00PM CrossFit Class	8:00PM CrossFit Class	8:00PM CrossFit Class		

- (1) Book or Cancel 24-hour in advance
- (2) Limit to 2 hours per booking. Max. 3 members per session.

\*LRCF / CFPE reserve the right to amend the above without prior notice. In the event of any dispute, the decision of the company shall be final.