

# CROSSFIT SOLENT

EST. 2012

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY
6AM CROSSFIT		6AM CROSSFIT		6AM CROSSFIT		6AM CROSSFIT		6AM CROSSFIT		9AM CROSSFIT KIDS		
7AM CROSSFIT				7AM CROSSFIT				7AM CROSSFIT				
9AM-12PM OPEN GYM		10AM-12PM OPEN GYM		9AM-12PM OPEN GYM		10AM-12PM OPEN GYM		10AM-12PM OPEN GYM				
3PM-5.30PM OPEN GYM		3PM-5.30PM OPEN GYM		3PM-5.30PM OPEN GYM		3PM-5.30PM OPEN GYM		3PM-5.30PM OPEN GYM		10.15AM CROSSFIT	10AM - 1PM OPEN GYM	10AM -12PM OPEN GYM
5.30PM CROSSFIT	5.30PM - 8.30PM OPEN GYM	5.30PM CROSSFIT	5.30PM - 8.30PM OPEN GYM	5.30PM CROSSFIT	5.30PM - 8.30PM OPEN GYM	5.30PM CROSSFIT	5.30PM - 9PM OPEN GYM	5.30PM CROSSFIT	5.30PM - 9PM OPEN GYM			
6.30PM CROSSFIT		6.30PM OLY LIFTING		6.30PM GYM-NASTICS		6.30PM CROSSFIT		6.30PM OLY LIFTING				
7.30PM GYM-NASTICS		7.30PM ENGINE ROOM		7.30PM CROSSFIT		7.30PM OLY LIFTING						