TIMETABLE

CROSSFIT BICESTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	CROSSFIT 6–7AM	CROSSFIT 6–7AM	CROSSFIT 6–7AM	CROSSFIT 6–7AM	CROSSFIT 6–7AM		
	CROSSFIT 7–8AM	CROSSFIT 7–8AM	CROSSFIT 7–8AM	CROSSFIT 7–8AM	CROSSFIT 7–8AM	SUPER SATURDAY JST COACHED 7.30–9AM	WEIGHT LIFTING 8AM–9.30AM
	OPEN GYM 6AM–10.30AM	OPEN GYM 6AM–10.30AM	OPEN GYM 6AM–10.30AM	OPEN GYM 6AM–10.30AM	OPEN GYM 6AM–10.30AM	MOBILITY 9–9.30AM	OPEN GYM 8–11AM
	CROSSFIT 9.30–10.30AM	CROSSFIT 9.30–10.30AM	CROSSFIT 9.30–10.30AM	CROSSFIT 9.30–10.30AM	CROSSFIT 9.30–10.30AM	SUPER SATURDAY JST COACHED 9.30–11AM OPEN GYM 8–11AM	TEAM SWEAT 9.30–10.30AM
EVENING	CROSSFIT TEENZ 4.30–5.30PM		CROSSFIT TEENZ 4.30–5.30PM				
	CROSSFIT 5.30–6.30PM	CROSSFIT 5.30–6.30PM	CROSSFIT 5.30–6.30PM	CROSSFIT 5.30–6.30PM	CROSSFIT 5.30–6.30PM		
	GYMNASTICS 6.30–7.30PM	CROSSFIT 6.30–7.30PM	CROSSFIT 6.30–7.30PM	CROSSFIT 6.30–7.30PM	CROSSFIT 6.30–7.30PM		
	OPEN GYM 4.30–8.30PM	WEIGHT LIFTING 7.30–8.30PM	OPEN GYM 5.30–8.30PM	WEIGHT LIFTING 7.30–8.30PM	OPEN GYM 5.30–8.30PM		
	CROSSFIT 7.30–8.30PM	OPEN GYM 5.30–8.30PM	CROSSFIT 7.30–8.30PM	OPEN GYM 4.30–8.30PM	CROSSFIT 7.30–8.30PM		

Legend

- OPEN GYM
- CROSSFIT
- GYMNASTICS
- CROSSFIT TEENZ
- WEIGHT LIFTING
- SUPER SATURDAY
- MOBILITY
- TEAM SWEAT