



CROSSFIT 1298 CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.15 – 7.15	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CLOSED	CLOSED
7.15–8.15	Ladies that lift	Ladies that lift	Open box	Ladies that lift	Ladies that lift	CLOSED	CLOSED
8.15–9.15	Open box	Open box	Open box	Open box	Open box	Ladies that lift	ENDURANCE 9.00-10.00
9.30–10.30	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT 9.15-10.15	*ONI Run Club 10.00-11.00
10.30–11.30	Open box	Open box	Open box	Open box	Open box	Open box	Open box
11.30–12.30	Open box	Open box	Open box	Open box	Open box	Open box	Open box
12.30–1.30	Open box	Open box	Open box	Open box	Open box	Open box	Open box
1.30–4.30	Open box	Open box	Open box	Open box	Open box	Open box	Open box
4.30–5.30	Ladies that lift	CrossFit Kids 4.30-5.15	CROSSFIT	Ladies that lift	CROSSFIT	Open box	Open box
5.30–6.30	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CLOSED	CLOSED
6.30–7.30	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	Open box	CLOSED	CLOSED
7.30–8.30	Gymnastics	Open box	Crossfit Teens	Open box	Open box	CLOSED	CLOSED
8.30–9.30	Open box	Open box	Open box	Open box	Open box	CLOSED	CLOSED

Open box - full use of facilities outside box times

Ladies That Lift - Ladies age 45+

Endurance - Build aerobic capacity

CF kids - ages 5-11

CF Teens - ages 11-16

Saturday Class Timings:

Ladies that Lift - 8.15-9.15

Crossfit - 10.15-11.15

*ONI run club

meets outside
1298, every
second Sunday

Gym closes 10pm on weekdays and 6pm on weekends