

CROSSFIT BLENHEIM 2018

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.30am	QuickFIT <i>Megan</i>		QuickFIT <i>Megan</i>		QuickFIT <i>Megan</i>		
6am	CrossFit <i>Megan</i>	CrossFit <i>Mark</i>	CrossFit <i>Mark</i>	CrossFit <i>Mark</i>	CrossFit <i>Mark</i>		
7am		QuickFIT <i>Mark</i>		QuickFIT <i>Mark</i>			
7.30am						QuickFIT <i>Megan</i>	
8am	FIT45 <i>Kim</i>		FIT45 <i>Kim</i>		FIT45 <i>Kim</i>	CrossFit <i>Mark</i>	
8.30am							
9:15am	CrossFit <i>Mark</i>	CrossFit <i>Mark</i>	CrossFit <i>Mark</i>	CrossFit <i>Mark</i>	CrossFit <i>Mark</i>	STRONGMAN WOD <i>Mark</i>	
9.30am							
10:30am		FIT45 <i>Kim</i>		FIT45 <i>Kim</i>			BARBELL CLUB*
11am							ROMWOD
11.30am							
12pm							
12.15pm	CfQuickie <i>Mark</i>	STRONGMAN <i>Mark</i>	FIT45 <i>Mark</i>	ROMWOD	QuickFIT <i>Megan</i>		
1pm							
1.30pm							
2pm							
2.30pm							
3pm							
3.30pm	CF KIDS* <i>Megan</i>						
4.15pm	CrossFit <i>Brayden</i>	CrossFit <i>Brayden</i>	CrossFit <i>Mark</i>	CrossFit <i>Mark</i>	CrossFit <i>Brayden/Mark</i>		RUNNING CLUB
5:15pm	FIT45 <i>Kim</i>	FIT45 <i>Mark</i>	ACCESORY <i>Brayden</i>	FIT45 <i>Mark</i>	FIT45 <i>Kim</i>		<i>Kim</i>
5:30pm							
6pm	CrossFit <i>Brayden</i>	CrossFit <i>Brayden</i>	CrossFit <i>Brayden</i>	CrossFit <i>Brayden</i>	CrossFit <i>Kim</i>		
6.30pm							
7pm	FIT45 <i>Kim</i>		FIT45 <i>Kim</i>	QuickFIT <i>Brayden</i>	ROMWOD		
7:30pm							

CrossFit Blenheim closes 8pm.

OPEN GYM Times: During the day when no sessions are on. Also 7pm on Tuesday/ Thursday, 10am-12pm Saturday and 9am-10:30am Sunday.

BOOKINGS ARE ESSENTIAL www.influxapp.co.nz

Contact Kim & Mark Gear 02102356995. info@crossfitblenheim.co.nz