

CROSSFIT BLENHEIM Winter 2018

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.30am		FIT30 <i>Kim/Megan</i>		FIT30 <i>Brayden/Megan</i>			
6am	CrossFit <i>Mark</i>	CrossFit <i>Kim</i>	CrossFit <i>Mark</i>	CrossFit <i>Brayden</i>	CrossFit <i>Mark</i>		
7am	FIT45 <i>Mark</i>		FIT45 <i>Mark</i>		FIT45 <i>Mark</i>		
7.30am							
8am						FIT45 <i>Mark/Megan</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>	CrossFit <i>Mark</i>	
9.30am							
10:30am		FIT45 <i>Kim</i>		FIT45 <i>Kim</i>		STRONGMAN <i>Mark</i>	BARBELL CLUB*
11am							ROMWOD
11.30am							
12pm							
12.15pm	CFQuickie <i>Mark</i>	STRONGMAN <i>Mark</i>	FIT45 <i>Mark</i>				
1pm							
1.30pm							
2pm							Running Club
2.30pm							
3pm							
3.30pm							
4.15pm	CrossFit <i>Brayden</i>	CrossFit <i>Brayden</i>	CrossFit <i>Mark</i>	CrossFit <i>Brayden</i>	CrossFit <i>Mark</i>		
5:15pm	FIT45 <i>Kim</i>	FIT45 <i>Kim</i>	ACCESORY <i>Brayden</i>	FIT45 <i>Mark/Kim</i>	FIT45 <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							
7.15pm	FIT45 <i>Kim</i>	CrossFit Fundamentals <i>Brayden</i>	FIT45 <i>Kim</i>		ROMWOD		
7:30pm							

CrossFit Blenheim closes 8pm weekdays. 3pm Saturday and 12pm Sunday.

OPEN GYM Times: During the day when no sessions are on. 11am-3pm Saturday and 9am-10:30am Sunday.

BOOKINGS ARE ESSENTIAL www.influxapp.co.nz

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