



Athletica Membership
Athletica, Stronger, Skills,
Beginner Oly, Run

CrossFit Membership
CrossFit, CrossFit Rx,
Olympic, Open Gym,
All Athletica
Membership
classes



Welcome to GYMNASIVM

FIRST TIME? If you are brand new, or forgot something, everyone is here to help so ask anything

SIGN IN on the computers to the left when you arrive

TEAM TABLE is a place for networking, banter and coffees, not bags

LOCKERS up and downstairs are for anyone to use whilst they workout

STUDIO DOORS to stay closed when classes are running

ENCOURAGE others when you have finished your workout

SWEATY! Make sure you give your kit a wipe down after as a courtesy to the next member




LISTEN respectfully when the Coach is coaching

HIGH FIVES and fist bumps are strongly encouraged!

Contact Info

[f gymnasium.clapham](https://www.facebook.com/gymnasium.clapham)
coach@gymnasium.fit

TIME	SATURDAY		SUNDAY	
	Studio 1 & 2	Vault	Studio 1 & 2	Vault
7:30				
7:45				
8:00	CrossFit RX	Open Gym		
8:15			Stronger	Open Gym
8:30				
8:45				
9:00	CrossFit			
9:15			Athletica	
9:30				
9:45				
10:00	CrossFit			
10:15				
10:30		Stronger	Athletica Recover	
10:45				
11:00				
11:15	Athletica			
11:30			Athletica	Open Gym
11:45				
12:00				

 = CrossFit classes
 = Athletica classes
 = Open Gym

TIME	MONDAY				TUESDAY				WEDNESDAY				THURSDAY			FRIDAY		
	Studio 1	Studio 2	Vault	Outside	Studio 1	Studio 2	Vault	Outside	Studio 1	Studio 2	Vault	Outside	Studio 1	Studio 2	Vault	Studio 1	Studio 2	Vault
5:30																		
6:00		CrossFit	Stronger			CrossFit				CrossFit	Stronger			Olympic			CrossFit	
6:30	CrossFit				CrossFit					CrossFit			Athletica		Ladies Stronger	CrossFit		
7:00		Athletica	Stronger			Athletica				Athletica	Stronger	Run		Olympic			Athletica	
7:30	CrossFit				CrossFit					CrossFit			Athletica			CrossFit		
8:00		Athletica	Stronger			Athletica				Athletica	Stronger			Olympic			CrossFit	
8:30	CrossFit				CrossFit					CrossFit			Athletica			CrossFit		
9:00		Athletica															Athletica	
9:30																		
10:00	Parents															Parents		
10:30																		
11:00																		
11:30			Open Gym				Open Gym								Open Gym			Open Gym
12:00		Stronger				Athletica				Stronger				Athletica				
12:30																		
13:00	CrossFit				CrossFit					CrossFit							CrossFit	
13:30																		
14:00																		
14:30																		
15:00																		
15:30																		
16:00																		
16:30																		
17:00																		
17:30		CrossFit				CrossFit				CrossFit				Olympic				
18:00	CrossFit		Stronger		CrossFit					CrossFit	Stronger		Athletica			FYF (Athletica)		
18:30		Athletica		Run		Athletica				Athletica				Olympic				
19:00	CrossFit		Stronger		CrossFit		Skills			CrossFit	Stronger		Athletica		Ladies Stronger		CrossFit	
19:30		Athletica				Athletica				Athletica				Olympic				
20:00	CrossFit		Stronger		CrossFit		Beginners Oly			CrossFit	Stronger		Athletica				Athletica	
20:30																		

 = CrossFit classes
 = Athletica classes
 = Open Gym
 = Parents