



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

 [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	Stronger	Open Gym
8:15				
8:30				
8:45				
9:00	CrossFit		Athletica	
9:15				
9:30				
9:45				
10:00	CrossFit			
10:15				
10:30				
10:45				
11:00	Athletica	Stronger	Athletica Recover	
11:15				
11:30				
11:45				
12:00	Athletica	Athletica	Open Gym	
12:15				
12:30				
12:45				
13:00				

 = 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	Athletica	Stronger		CrossFit	Athletica			CrossFit	Athletica	Stronger	Run	Athletica	Olympic	Ladies Stronger	CrossFit	Athletica	
7:00	CrossFit	Athletica	Stronger		CrossFit	Athletica			CrossFit	Athletica	Stronger		Athletica	Olympic		CrossFit	CrossFit	
7:30		Athletica	Stronger			Athletica				Athletica	Stronger			Olympic		CrossFit	CrossFit	
8:00	CrossFit				CrossFit				CrossFit				Athletica			CrossFit		
8:30																		
9:00		Athletica																
9:30																		
10:00	Parents								Parents						Parents			
10:30																		
11:00																		
11:30		Stronger	Open Gym			Athletica	Open Gym		Stronger	Open Gym			Athletica	Open Gym				Open Gym
12:00																		
12:30	CrossFit				CrossFit				CrossFit							CrossFit		
13:00																		
13:30																		
14:00																		
14:30																		
15:00																		
15:30																		
16:00																		
16:30	CrossFit Kids																	
17:00																		
17:30		CrossFit				CrossFit			CrossFit							FYF (Athletica)		
18:00	CrossFit	Athletica	Stronger		CrossFit	Athletica			CrossFit	Athletica	Stronger		Athletica	Olympic		CrossFit		
18:30		Athletica		Run		Athletica			Athletica					Olympic				
19:00	CrossFit	Athletica	Stronger		CrossFit	Athletica	Skills		CrossFit	Athletica	Stronger		Athletica	Olympic	Ladies Stronger	Athletica		
19:30		Athletica	Stronger			Athletica	Beginners Oly			Athletica	Stronger							
20:00	CrossFit				CrossFit				CrossFit				Athletica					
20:30																		

 = CrossFit classes  = Athletica classes  = Open Gym  = Parents, CrossFit Kids