

	SATURDAY		SUNDAY	
TIME	Studio 1 & 2	Vault	Studio 1 & 2	Vault
7:30				
7:45				
8:00	CrossFit RX	Open Gym		
8:15				
8:30			Stronger	Open Gym
8:45				
9:00	CrossFit			
9:15			Athletica	
9:30				
9:45				
10:00				
10:15	CrossFit			
10:30		Stronger	Athletica Recover	
10:45				
11:00	Athletica			
11:15				
11:30			Open Gym	
11:45				
12:00	Athletica			
12:15				
12:30				
12:45				
13:00				

- = CrossFit classes
- = Athletica classes
- = Open Gym

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

GYMNASIVM

Class Timetable

2019



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

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



GYMNASIVM

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

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