MON	TUE	WED	THU	FRI	SAT	SUN
05:45						
CrossFit 05:45 0/15	CrossFit 05:45 0/15	CrossFit 05:45 0/15	CrossFit 05:45 0/15	CrossFit 05:45 0/15		
06:00						
Athletica 06:00 0/24	Athletica 06:00 0/24	Athletica 06:00 0/24	Athletica 06:00 0/24	Athletica 06:00 0/24		
06:45						
CrossFit 06:45 0/15	CrossFit 06:45 0/15	CrossFit 06:45 0/15	CrossFit 06:45 0/15	CrossFit 06:45 0/15		
07:00						
Athletica 07:00 0/24	Athletica 07:00 0/24	Athletica 07:00 0/24	Athletica 07:00 0/24	Athletica 07:00 0/24		
		Run - Gymnasium Clapham 07:00 0/20				
07:45						
CrossFit 07:45 0/15	CrossFit 07:45 0/15	CrossFit 07:45 0/15	CrossFit 07:45 0/15	CrossFit 07:45 0/15		
08:00						
					CrossFit 08:00 0/15	
09:00						
Open Gym 09:00 0/8	Skills / Open Gym 09:00 0/8	Open Gym 09:00 0/8	Skills / Open Gym 09:00 0/8	Open Gym 09:00 0/8	Athletica 09:00 0/60	Athletica 09:00 0/60
10:00						
					CrossFit 10:00 0/15	
12:00						
CrossFit 12:00 0/15	CrossFit 12:00 0/15	CrossFit 12:00 0/15	CrossFit 12:00 0/15	CrossFit 12:00 0/15		
Open Gym 12:00 0/8	Open Gym 12:00 0/8	Open Gym 12:00 0/8	Open Gym 12:00 0/8	Open Gym 12:00 0/8		
13:00						
Athletica 13:00 0/24	Athletica 13:00 0/24	Athletica 13:00 0/24	Athletica 13:00 0/24	Athletica 13:00 0/24		
Open Gym 13:00 0/8	Open Gym 13:00 0/8	Open Gym 13:00 0/8	Open Gym 13:00 0/8	Skills / Open Gym 13:00 0/8		
17:00						
Skills / Open Gym 17:00 0/8	Open Gym 17:00 0/8	Skills / Open Gym 17:00 0/8	Open Gym 17:00 0/8	Skills / Open Gym 17:00 0/8		
18:00						
CrossFit 18:00 0/15	CrossFit 18:00 0/15	CrossFit 18:00 0/15	CrossFit 18:00 0/15	CrossFit 18:00 0/15		
18:30						
Athletica 18:30 0/24	Athletica 18:30 0/24	Athletica 18:30 0/24	Athletica 18:30 0/24	Athletica 18:30 0/24		
19:00						
CrossFit 19:00 0/15	CrossFit 19:00 0/15	CrossFit 19:00 0/15	CrossFit 19:00 0/15	CrossFit 19:00 0/15		
Run - Bec Track 19:00 0/20						
19:30						
Athletica 19:30 0/24	Athletica 19:30 0/24	Athletica 19:30 0/24	Athletica 19:30 0/24	Athletica 19:30 0/24		