

GYMNASIUM

CLAPHAM INTRO TIMETABLE 2023

TIMETABLE																				
	MON			TUES			WED			THU			FRI			SAT		SUN		
	Studio 1	Studio 2	Vault	Studio 1	Studio 2	Vault	Studio 1	Studio 2	Vault	Studio 1	Studio 2	Vault	Studio 1	Studio 2	Vault	Studio 1	Vault	Studio 1	Vault	
5am																				
6am	CROSSFIT	CROSSFIT			ATHLETICA			CROSSFIT		ATHLETICA										
7am	CROSSFIT	ATHLETICA	STRONGER	CROSSFIT	ATHLETICA	STRONGER BODYWEIGHT	CROSSFIT	ATHLETICA	STRONGER	ATHLETICA			CROSSFIT	CROSSFIT	ATHLETICA					
8am	CROSSFIT	ATHLETICA	STRONGER	CROSSFIT	ATHLETICA	STRONGER BODYWEIGHT	CROSSFIT	ATHLETICA	STRONGER	ATHLETICA			CROSSFIT	CROSSFIT	ATHLETICA	OPEN GYM	CROSSFIT	OPEN GYM		
9am																	CROSSFIT	OPEN GYM		
10am																		ATHLETICA	OPEN GYM	OPEN GYM
11am			OPEN GYM			OPEN GYM											ATHLETICA	OPEN GYM	OPEN GYM	
12pm	CROSSFIT	ATHLETICA		CROSSFIT	ATHLETICA		CROSSFIT	ATHLETICA		ATHLETICA			CROSSFIT	CROSSFIT					ATHLETICA	
1pm			STRONGER			STRONGER BODYWEIGHT			STRONGER								ATHLETICA			
2pm																				
3pm			OPEN GYM			OPEN GYM														
4pm			OPEN GYM			OPEN GYM														
5pm	CROSSFIT		STRONGER	CROSSFIT		COACHED OPEN GYM	CROSSFIT		STRONGER				CROSSFIT							
6pm	CROSSFIT	ATHLETICA	STRONGER	CROSSFIT	ATHLETICA	STRONGER BODYWEIGHT	CROSSFIT	ATHLETICA	STRONGER	ATHLETICA			CROSSFIT	CROSSFIT						
7pm	CROSSFIT	ATHLETICA	STRONGER	CROSSFIT	ATHLETICA		CROSSFIT	ATHLETICA	STRONGER	ATHLETICA					ATHLETICA					
8pm			STRONGER						STRONGER	ATHLETICA										
9pm																				

Key >>>

Not available to Intro