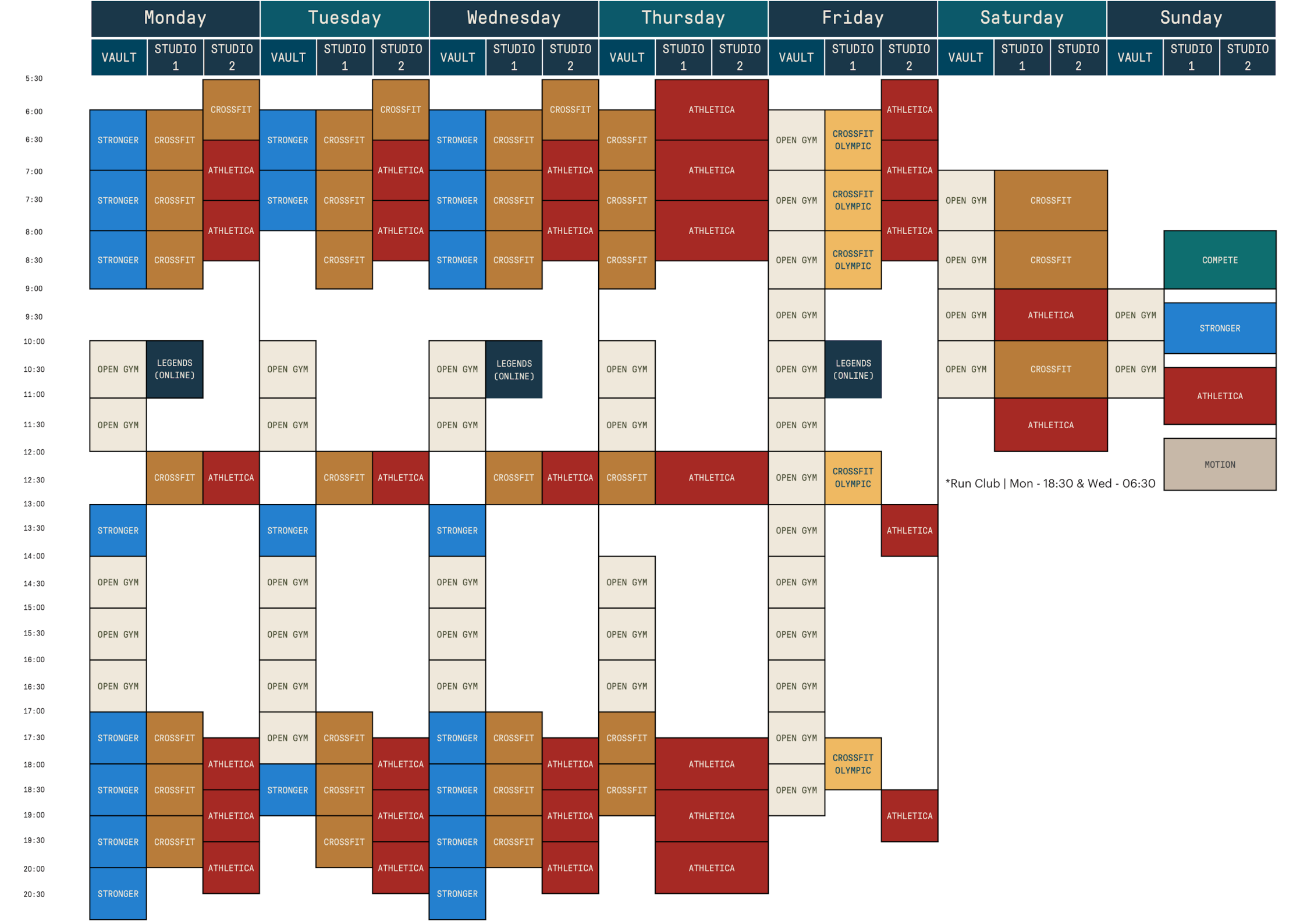
Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday
VAULT
STUDIO 1
STUDIO 2
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STRONGER
CROSSFIT
ATHLETICA
OPEN GYM
LEGENDS (ONLINE)
CROSSFIT OLYMPIC
COMPETE
MOTION
*Run Club | Mon - 18:30 & Wed - 06:30