



MARCH TIMETABLE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early Mornings - For the 5.30am & 6.30am classes you need to have a 24hr access proxy, for more info contact the reception.						
5.30 - 6.30am CrossFit - Sam	5.30 - 6.30am CrossFit - Tim	5.30 - 6.30am CrossFit - Sam	5.30 - 6.30am CrossFit - Tim	5.30 - 6.30am CrossFit - Jess	6.30 - 7.30am Strength & Conditioning - T/S	
6.30 - 7.30am Strength & Conditioning - Sam	6.30 - 7.30am CrossFit - Tim	6.30 - 7.30am Strength & Conditioning - Sam	6.30 - 7.30am CrossFit - Tim	6.30 - 7.30am CrossFit - Jess	7.30 - 8.30am CrossFit - Tim or Sam	
Mid Mornings						
9.15 - 10.15am CrossFit - Sam	9.15 - 10.15am CrossFit - Tim	9.15 - 10.15am CrossFit - Sam	9.15 - 10.15am CrossFit - Tim	9.15 - 10.15am CrossFit - Jess	8.30 - 9.30am Gymnastics - Tim or Sam	8.30 - 9.30am Members WOD - No Coach
10.15 - 11.15am Strength & Conditioning - Tim	10.15 - 11.15am Gymnastics WOD - Sam	10.15 - 10.15am Strength & Conditioning - Tim	10.15 - 11.15am Weightlifting WOD - Sam	10.15 - 10.15am Strength & Conditioning - Soph	9.30 - 10.30am Weightlifting WOD - Tim or Sam	
Afternoons and Evenings						
3.30 - 4.15pm CrossFit Kids - Tim	3.30 - 4.15pm CrossFit Kids - Sam	3.30 - 4.15pm CrossFit Kids - Tim	3.30 - 4.15pm CrossFit Kids - Sam		10.30 - 11.30am Fundamentals - You Must Book	
4.15 - 5.00pm CrossFit Teens - Tim	4.15 - 5.00pm CrossFit Teens - Sam	4.15 - 5.00pm CrossFit Teens - Tim	4.15 - 5.00pm CrossFit Teens - Sam			
5.00 - 6.00pm CrossFit - Tim	5.00 - 6.00pm CrossFit - Sam	5.00 - 6.00pm CrossFit - Tim	5.00 - 6.00pm CrossFit - Sam			
6.00 - 7.00pm Strength & Conditioning - Tim	6.00 - 7.00pm CrossFit - Sam	6.00 - 7.00pm Strength & Conditioning - Tim	6.00 - 7.00pm CrossFit - Sam			
		7.00 - 8.00pm Fundamentals - You Must Book				

Note: This Timetable is current from Monday 4th March 2019. CrossFit Conditioning reserves the right to make changes to this timetable, and the facilities opening and closing times at any time. Please check validity of timetable and opening times before arriving by visiting on our website.

Drop In Visitors from another Box: Great! You are more than welcome to workout with us, all we ask is that prior to participating in the WOD you must show the CrossFit Coach that you are competent in the "CrossFit Fundamental Movements" for that WOD.

Casual Visit Prices (Per Person): Adult = \$35.00, Guest of Member = \$25.00, Teen (High School) = \$17.50, Kid (Primary School) = \$15.00

Note: Approved CrossFit Teens with an "Unlimited Membership" may attend all classes on the timetable

Important Notice: All participants must have completed a "CrossFit Fundamentals Program" at CrossFit Conditioning or another CrossFit Box before commencing any WOD's conducted at CrossFit Conditioning. If you are joining the CrossFit Conditioning Team on a permanent basis from another CrossFit Box you will be required to complete a "CrossFit Fundamentals Re-Evaluation" with one of our Coaches.

CrossFit Members have 24hr Access to Freshstart		
Facility / Box	Opening Times	Closing Times
Monday	7:30am	8.00pm
Tuesday	7:30am	8.00pm
Wednesday	7:30am	8.00pm
Thursday	7:30am	8.00pm
Friday	7:30am	6.00pm
Saturday	6:30am	11.30am
Sunday	8:30am	11:30am

Please Note: Public holiday hours vary please call reception

Crèche Prices (Per Child): 1hr = \$5.00 or 1.5hrs = \$7.50		
Crèche	Opening Times	Closing Times
Monday	9:00am	12:00pm
Tuesday	9:00am	12:00pm
Wednesday	9:00am	12:00pm
Thursday	9:00am	12:00pm
Friday	9:00am	12:00pm
Saturday	7:30am	10:30am
Sunday	Closed	Closed

Please Note: Public holiday hours vary call reception

WWW.CROSSFITCONDITIONING.COM.AU

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