



SPRING 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.						
5.15 - 6.15am CrossFit - Mitch	5.15 - 6.15am CrossFit - Tim	5.15 - 6.15am CrossFit - Mitch	5.15 - 6.15am CrossFit - Tim	5.15 - 6.15am CrossFit - Mitch		
6.15 - 7.15am CrossFit - Mitch	6.15 - 7.15am CrossFit - Tim	6.15 - 7.15am CrossFit - Mitch	6.15 - 7.15am CrossFit - Tim	6.15 - 7.15am CrossFit - Mitch	7.30 - 8.30am CrossFit - Tim	
Mid Mornings						
9.15 - 10.15am CrossFit - Mitch	9.15 - 10.15am CrossFit - Tim	9.15 - 10.15am CrossFit - Mitch	9.15 - 10.15am CrossFit - Tim	9.15 - 10.15am CrossFit - Mitch	8.30 - 9.30am Speciality WOD	8.30 - 9.30am Members WOD - No Coach
	10.15 - 11.15am Coaches WOD		10.15 - 11.15am Coaches WOD			
Afternoons and Evenings						
3.30 - 4.15pm CrossFit Kids - Tim	3.30 - 4.15pm CrossFit Kids - Mitch	3.30 - 4.15pm CrossFit Kids - Tim	3.30 - 4.15pm CrossFit Kids - Mitch	3.30 - 4.15pm Kids - Seeking Interest		
4.15 - 5.00pm CrossFit Teens - Tim	4.15 - 5.00pm CrossFit Teens - Mitch	4.15 - 5.00pm CrossFit Teens - Tim	4.15 - 5.00pm CrossFit Teens - Mitch	4.15 - 5.00pm Teens - Seeking Interest		
4.15 - 5.15pm Seeking Interest from Members	4.15 - 5.15pm Seeking Interest from Members	4.15 - 5.15pm Seeking Interest from Members	4.15 - 5.15pm Seeking Interest from Members	4.15 - 5.15pm CrossFit - Seeking Interest		
5.00 - 6.00pm CrossFit - Tim	5.00 - 6.00pm CrossFit - Mitch	5.00 - 6.00pm CrossFit - Tim	5.00 - 6.00pm CrossFit - Mitch	5.15 - 6.15pm CrossFit - Seeking Interest		
6.00 - 7.00pm Strength & Conditioning - Tim	6.00 - 7.00pm CrossFit - Mitch	6.00 - 7.00pm Strength & Conditioning - Tim	6.00 - 7.00pm CrossFit - Mitch			
Note: This Timetable is current from Monday 2nd Sept 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 call us and discuss your experience, knowledge, injuries and skill set before joining the class.

Casual Visit Prices (Per Person): Adult = \$35.00, Guest of Member = \$30.00, Teen (High School) = \$17.50, Kid (Primary School) = \$17.50

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

Important Notice: It is preferred that all participants must have completed a "CrossFit Fundamentals Program" at CrossFit Conditioning or another CrossFit Box before commencing any WOD's. If you are joining the CrossFit Conditioning Team on a permanent basis from another CrossFit Box you may 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	5.00pm
Saturday	7:30am	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	8:30am	11:30am
Tuesday	8:30am	11:30am
Wednesday	8:30am	11:30am
Thursday	8:30am	11:30am
Friday	8:30am	11:30am
Saturday	7:30am	10:00am
Sunday	Closed	Closed
Please Note: Public holiday hours vary call reception		

WWW.CROSSFITCONDITIONING.COM.AU

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