



WEST LONDON CrossFit

Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
05:00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
06:00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
07:00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	ON RAMP	
08:00	OPEN GYM 8:00-9:30	OPEN GYM 8:00-9:30	OPEN GYM 8:00-9:30	OPEN GYM 8:00-9:30	OPEN GYM 8:00-9:30	CrossFit	
09:00						CrossFit	
09:30	CrossFit 9:30-10:30	CrossFit 9:30-10:30	CrossFit 9:30-10:30	CrossFit 9:30-10:30	CrossFit 9:30-10:30		
10:00	OPEN GYM 10:30-12:00	OPEN GYM 10:30-12:00	OPEN GYM 10:30-12:00	OPEN GYM 10:30-12:00	OPEN GYM 10:30-12:00	Olympic Lifting	OPEN GYM
11:00						CrossFit	
12:00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	Gymnasty	CrossFit KIDS
13:00	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	CrossFit KIDS
14:00							
15:00							
16:00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
17:00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
18:00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
19:00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
20:00	ON RAMP	OPEN GYM	ON RAMP	OPEN GYM	OPEN GYM		