



CROSSFIT IMPI CLASS SCHEDULE

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------------------|----------------------------------|------------------------|------------------------|-------------------|-------------------|
| 6am - CrossFit | 6am - CrossFit | 6am - CrossFit | 6am - CrossFit | 6am - CrossFit | |
| 7am - CrossFit | 7am - CrossFit | 7am - CrossFit | 7am - CrossFit | 7am - CrossFit | 7am - CrossFit |
| 8am - CrossFit | 8am - CrossFit | 8am - CrossFit | 8am - CrossFit | 8am - CrossFit | 8am - CrossFit |
| 9am - Ladies HIIT | 9am – Intro & Fundamentals Class | 9am - Ladies HIIT | | 9am - Ladies HIIT | 9am - Ladies HIIT |
| 10am – Open Gym | | 10am – Open Gym | | 10am – Open Gym | |
| 11am – Open Gym | | 11am – Open Gym | | 11am – Open Gym | |
| 12pm – Open Gym | | 12pm – Open Gym | | 12pm – Open Gym | |
| | | | | | |
| 3:30 PM – Kids & Teens | 3:30 PM – Kids & Teens | 3:30 PM – Kids & Teens | 3:30 PM – Kids & Teens | | |
| 4:30 PM - CrossFit | 4:30 PM - CrossFit | 4:30 PM - CrossFit | 4:30 PM - CrossFit | 4pm - CrossFit | |
| 5:30 PM - CrossFit | 5:30 PM - CrossFit | 5:30 PM - CrossFit | 5:30 PM - CrossFit | 5pm - CrossFit | |
| 6:30 PM - CrossFit | 6:30 PM - CrossFit | 6:30 PM - CrossFit | 6:30 PM - CrossFit | | |

For more info contact

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