



# TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
6:30AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit
7:30AM	Open Gym	Open Gym / Intro*		Open Gym / Intro*	Open Gym / Intro*	CrossFit
8:30AM	Open Gym	Open Gym / Intro*		Open Gym / Intro*	Open Gym	Intro*
9:30AM	CrossFit - PF	CrossFit - PF	CrossFit - PF	CrossFit - PF	CrossFit - PF	CrossFit - PF
10:30AM						Open Gym / IWBC
11:30AM						Open Gym / IWBC
12:00PM						
4:00PM	Open Gym / Intro*	Open Gym / Intro*	Open Gym / Intro*	Open Gym / Intro*	Open Gym / Intro*	
5:00PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
6:00PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
7:00PM	IWBC	CrossFit	IWBC	CrossFit		Cardio Club - 7:30
8:00PM	IWBC - 8:30	Cardio Club - 8:30	IWBC - 8:30	Cardio Club		

\*All introductory classes must be booked in advance by emailing [info@crossfitstrathfield.com](mailto:info@crossfitstrathfield.com) or by completing a contact form.

\*All parent friendly (PF) classes are open to anyone however allow members only to bring their children along to the class, whilst they workout. It is important to note that no supervision of children is provided by CrossFit Strathfield or coaching staff, and parents are entirely responsible for their children during the class. Children must remain a safe distance away from class participants, and are not to play on or with any equipment. We have a play pen for young children, and an activity box for them to use.