



709-330-REPS
 92 Elizabeth Ave
 St. John's, NL A1A 1W7

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:30 AM	CROSSFIT (5:30AM)	OPEN GYM	CROSSFIT (5:30AM)	OPEN GYM	CROSSFIT (5:30AM)	OPEN GYM	OPEN GYM		
6:00 AM		CROSSFIT (6:00AM)		CROSSFIT (6:00AM)					
6:30 AM	CROSSFIT (6:40AM)		CROSSFIT (6:40AM)		CROSSFIT (6:40AM)				
7:00 AM									
7:30 AM									
8:00 AM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM				
8:30 AM									
9:00 AM									
9:30 AM								CROSSFIT (9:30AM)	
10:00 AM									
10:30 AM									
11:00 AM									
11:30 AM							OPEN GYM		
12:00 PM	CROSSFIT (12:00PM)	CROSSFIT (12:00PM)	CROSSFIT (12:00PM)	CROSSFIT (12:00PM)	CROSSFIT (12:00PM)	OPEN GYM (UNTIL 9:30AM)			
12:30 PM									
1:00 PM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM				
1:30 PM									
2:00 PM									
2:30 PM									CROSSFIT KIDS (5 - 9 @ 1:15PM) (10 - 14 @ 2:30PM)
3:00 PM									
3:30 PM									
4:00 PM									
4:30 PM	CROSSFIT (4:30PM)	CROSSFIT (4:30PM)	CROSSFIT (4:30PM)	CROSSFIT (4:30PM)	CROSSFIT (4:30PM)				
5:00 PM									
5:30 PM	CROSSFIT (5:45PM)	CROSSFIT (5:45PM)	CROSSFIT (5:45PM)	CROSSFIT (5:45PM)	CROSSFIT (5:45PM)				
6:00 PM								OPEN GYM (UNTIL 5:30AM)	
6:30 PM	OPEN GYM (UNTIL 6:00AM)	OPEN GYM (UNTIL 5:30AM)	OPEN GYM (UNTIL 6:00AM)	OPEN GYM (UNTIL 5:30AM)	OPEN GYM (UNTIL 9:00AM)				
7:00 PM									
7:30 PM									
8:00 PM									
8:30 PM									
9:00 PM									