



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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 AM	OPEN GYM (Until - 6AM)	OPEN GYM (Until - 6AM)	OPEN GYM (Until - 6AM)	OPEN GYM (Until - 6AM)	OPEN GYM (Until - 6AM)	OPEN GYM (8AM - 9AM)	OPEN GYM (Until 10AM)
6:00 AM	6AM CROSSFIT	6AM CROSSFIT	6AM CROSSFIT	6AM CROSSFIT	6AM CROSSFIT		
7:00 AM	OPEN GYM (7AM - 12PM)	OPEN GYM (7AM - 12PM)	OPEN GYM (7AM - 12PM)	OPEN GYM (7AM - 12PM)	OPEN GYM (7AM - 12PM)	9AM CROSSFIT	
9:00 AM							
10:00 AM						10AM CROSSFIT	
12:00 PM	12PM CROSSFIT	12PM CROSSFIT	12PM CROSSFIT	12PM CROSSFIT	12PM CROSSFIT	OPEN GYM (10AM - 10AM)	OPEN GYM (11AM - 6AM)
1:00 PM	OPEN GYM (1PM - 430PM)	OPEN GYM (1PM - 430PM)	OPEN GYM (1PM - 430PM)	OPEN GYM (1PM - 430PM)	OPEN GYM (1PM - 430PM)		
4:30 PM	430PM CROSSFIT	430PM CROSSFIT	430PM CROSSFIT	430PM CROSSFIT	430PM CROSSFIT		
5:45 PM	545PM CROSSFIT	545PM CROSSFIT	545PM CROSSFIT	545PM CROSSFIT	545PM CROSSFIT		
6:45 PM	OPEN GYM (645PM - 6AM)	OPEN GYM (645PM - 6AM)	OPEN GYM (645PM - 6AM)	OPEN GYM (645PM - 6AM)	OPEN GYM (645PM - 9AM)		