



**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 - 5:50AM)	OPEN GYM (Until - 6AM)	OPEN GYM (Until - 5:50AM)	OPEN GYM (Until - 6AM)	OPEN GYM (Until - 5:50AM)	OPEN GYM (8AM - 9AM)	OPEN GYM (Until 9AM)
6:00 AM	5:50AM CROSSFIT	6AM CROSSFIT	5:50AM CROSSFIT	6AM CROSSFIT	5:50AM CROSSFIT		
7:00 AM	7AM CROSSFIT	OPEN GYM (7AM - 12PM)	7AM CROSSFIT	OPEN GYM (7AM - 12PM)	7AM CROSSFIT		
8:00 AM	OPEN GYM (8AM - 12PM)		OPEN GYM (8AM - 12PM)		OPEN GYM (8AM - 12PM)		
9:00 AM							
10:00 AM							
12:00 PM	12PM CROSSFIT	12PM CROSSFIT	12PM CROSSFIT	12PM CROSSFIT	12PM CROSSFIT	OPEN GYM (11:15AM - 9AM)	OPEN GYM (11AM - 5:50AM)
1:00 PM	OPEN GYM (1PM - 4:30PM)	OPEN GYM (1PM - 4:30PM)	OPEN GYM (1PM - 4:30PM)	OPEN GYM (1PM - 4:30PM)	OPEN GYM (1PM - 4:30PM)		
4:30 PM	4:30PM CROSSFIT	4:30PM CROSSFIT	4:30PM CROSSFIT	4:30PM CROSSFIT	4:30PM CROSSFIT		
5:45 PM	5:45PM CROSSFIT	5:45PM CROSSFIT	5:45PM CROSSFIT	5:45PM CROSSFIT	5:45PM CROSSFIT		
6:45 PM	OPEN GYM (6:45PM - 6AM)	OPEN GYM (6:45PM - 5:50AM)	OPEN GYM (6:45PM - 6AM)	OPEN GYM (6:45PM - 5:50AM)	OPEN GYM (6:45PM - 9AM)		