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| **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** | **7:30am - CrossFit** |
| **8am - CrossFit** | **8am - CrossFit** | **8am - CrossFit** | **8am - CrossFit** | **8am - CrossFit** | **8:30am - CrossFit** |
| 9am – HIIT & Endurance | 9am – HIIT & Endurance | 9am – HIIT & Endurance | 9am – HIIT & Endurance | 9am – HIIT & Endurance |  |
| 10am – Open Gym | 10am – Open Gym | 10am – Open Gym | 10am – Open Gym | 10am – Open Gym |  |
| 11am – Open Gym | 11am – Open Gym | 11am – Open Gym | 11am – Open Gym | 11am – Open Gym |  |
| 12pm – Open Gym | **12:30 CrossFit** | 12pm – Open Gym | **12:30 – CrossFit** | **12:30 – CrossFit** |  |
|  |  |  |
|  |  |  |  |  |  |
|  | 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**

Chrisna (WhatsApp): 0836332160

Tiaan (WhatsApp): 0837606902

Email: [info@crossfitimpi.com](mailto:info@crossfitimpi.com)