



CROSSFIT IMPI CLASS SCHEDULE					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am	6am	6am	6am	6am	
7am	7am	7am	7am	7am	7am
8am	8am	8am	8am	8am	8am
9am - Ladies HIIT		9am - Ladies HIIT	9am - Pilates	9am - Ladies HIIT	9am - Ladies HIIT
12:30 PM	12:30 - Rehab Class		12:30 - Rehab Class	12:30 PM	
2:45 PM - Kids Class	2:45 PM - Kids Class	2:45 PM - Kids Class	2:45 PM - Kids Class		
3:30 PM - Teens Class	3:30 PM - Teens Class	3:30 PM - Teens Class	3:30 PM - Teens Class		
4:30 PM	4:30 PM	4:30 PM	4:30 PM	4pm	
5:30 PM	5:30 PM	5:30 PM	5:30 PM	5pm	
6:30 PM	6:30 PM	6:30 PM	6:30 PM		

For more info contact

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