CROSSFIT TAMARIN

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
07:00 - 08:00 (WOD)	07:00 - 08:00 (WOD)	07:00 - 08:00 (WOD)	07:00 - 08:00 (HYROX)	07:00 - 08:00 (WOD)	09:00 - 10:00 (HYROX)	CLOSED
08:30 - 09:30 (WOD)	08:30 - 09:30 (WOD)	08:30 - 09:30 (WOD)	08:30 - 09:30 (HYROX)	08:30 - 09:30 (WOD)	10:00 - 11:30 (Open Gym)	
12:00 - 13:00 (HYROX)	12:00 - 13:00 (HYROX)	12:00 - 13:00 (HYROX)	12:00 - 13:00 (HYROX)	12:00 - 13:00 (HYROX)		
07:00 - 13:00 (Open Gym)	07:00 - 13:00 (Open Gym)	07:00 - 13:00 (Open Gym)	07:00 - 13:00 (Open Gym)	07:00 - 13:00 (Open Gym)		
17:00 - 18:00 (WOD)	17:00 - 18:00 (WOD)	17:00 - 18:00 (WOD)	17:00 - 18:00 (HYROX)	17:30 - 18:30 (WOD)		
18:00 - 19:00 (WOD)	18:00 - 19:00 (WOD)	18:00 - 19:00 (WOD)	18:00 - 19:00 (HYROX)	17:30 - 18:30 (Open Gym)		
17:00 - 19:00 (Open Gym)	17:00 - 19:00 (Open Gym)	17:00 - 19:00 (Open Gym)	17:00 - 19:00 (Open Gym)			

CROSSFIT BAMBOUS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:30 - 07:30 (WOD)	06:30 - 07:30 (WOD)	06:30 - 07:30 (WOD)	06:30 - 07:30 (HYROX)	06:30 - 07:30 (WOD)	09:00 - 10:00 (CROSSFIT/ HYROX)	CLOSED
08:00 - 09:00 (WOD)	08:00 - 09:00 (WOD)	08:00 - 09:00 (WOD)	08:00 - 09:00 (HYROX)	08:00 - 09:00 (WOD)	10:00 - 11:30 (Open Gym)	
12:00 - 13:00 (WOD)	12:00 - 13:00 (WOD)	12:00 - 13:00 (WOD)	12:00 - 13:00 (HYROX)	12:00 - 13:00 (WOD)		
09:00 - 12:00 (Open Gym)	09:00 - 12:00 (Open Gym)	09:00 - 12:00 (Open Gym)	09:00 - 12:00 (Open Gym)	09:00 - 12:00 (Open Gym)		
17:15 - 18:15 (WOD)	17:15 - 18:15 (WOD)	17:15 - 18:15 (WOD)	17:15 - 18:15 (HYROX)	17:15 - 18:15 (WOD)		
18:15 - 19:15 (WOD)	18:15 - 19:15 (WOD)	18:15 - 19:15 (WOD)	18:15 - 19:15 (HRYOX)	18:15 - 19:15 (WOD)		