

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am	CrossFit Oly + Metcon	CrossFit Acc + Metcon	CrossFit Strength + Oly	CrossFit Long Metcon	CrossFit Team Workout		
6am	CrossFit + Grit Circuit	CrossFit + Grit Chipper	CrossFit + Grit Circuit	CrossFit + Grit Chipper	CrossFit + Grit Circuit	6.30am CrossFit Oly + Metcon	
9.30am	CrossFit Oly + Metcon	CrossFit Acc + Metcon	CrossFit Strength + Oly	CrossFit Long Metcon	CrossFit Team Workout	7.30am Grit Chipper	Open Gym 8-11am
12.30pm						8.30am CrossFit Oly + Metcon	
3.30pm	CrossFit Oly + Metcon	CrossFit Acc + Metcon	CrossFit Strength + Oly	CrossFit Long Metcon	CrossFit Team Workout	<b>6am M-F Dual Classes</b>  <b>Open Gym</b> M-T 5am to 8pm F - 5am to 7pm Sat - 6.30am to 11am Sun - 8am to 11am	
4.30pm	CrossFit Oly + Metcon	CrossFit Acc + Metcon	CrossFit Strength + Oly	CrossFit Long Metcon	CrossFit Team Workout		
5.30pm	Grit Circuit	Grit Chipper	Grit Circuit	Grit Chipper	Grit Circuit		
6.30pm	CrossFit Oly + Metcon	CrossFit Acc + Metcon	CrossFit Strength + Oly	CrossFit + Gymnastics			



**TimeTable**  
UNBOUND ATHLETIC