

CrossFit Blue Sky

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							Closed
05:15 - 06:15	Crossfit		Crossfit / Skyrox		Crossfit		
05:30 - 06:30	Hiit	Crossfit / Hiit		Crossfit / Hiit	Hiit		
06:15 - 07:15	Crossfit		Crossfit		Crossfit		
07:00 - 08:00		Crossfit		Crossfit		Skyrox	
08:15 - 09:15	Hiit	Ladies CF	Hiit	Ladies CF	Hiit		
08:00 - 09:00						Spicy S.day	
09:00 - 10:00						Spicy S.day	
Afternoon / Evening							
12:15 - 13:00		Lunch-Class		Lunch-Class			
16:00 - 17:00							
17:00 - 18:00	Crossfit / Skyrox	Crossfit / Hiit	Crossfit / Skyrox	Crossfit / Hiit	Skyrox		
17:30 - 18:30							
18:00-19:00	Crossfit / Skyrox	Crossfit / Skyrox	Crossfit / Skyrox	Crossfit / Skyrox	Freaky Friday		