



Envision Health & Fitness CROSSFIT Timetable

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

CROSSFIT
5.30AM

CROSSFIT
9:15AM

CROSSFIT
4.30PM

CROSSFIT
5:30PM

CROSSFIT
5.30AM

CROSSFIT
9:15AM

CROSSFIT
4.30PM

CROSSFIT
5:30PM

LIFTING
5:30PM

CROSSFIT
5.30AM

CROSSFIT
9:15AM

CROSSFIT
5:30PM

CROSSFIT
7.30AM
OPEN CLASS
ALL WELCOME