

## CFSK TIMTABLE COMMENCING Saturday February 4<sup>th</sup> 2012

	M	T	W	T	F	S	S
5.30	W	W	W	W	W		
6.30	E	W	W	W	E		
8.00						E	
9.00						W	CFK
9.15	W	W	W	W	W		
10.00						M	W
11.00						W	W
12.00						STman	OPEN/INTRO
12.30	W	W	W	W	W		
4.00					CFK pre		
4.30		CFK pri			CFK pri		
5.00	W	CFK t	W	CFK t	CFKpri	intro	
6.00	M	WL	M	Y	M		
7.00	W	W	W	W	W		
8.00	SKILLS	E	G				

W=WoD, E=Elements, M=Mobility, WL= Weight Lifting, Y= Yoga, G=gymnastics

STman=Strongman

SKILLS- goat session (coached)

OPEN=Open Gym (not coached)

INTRO=group introductory session (Pack of 3)

CFK pre =preschooler, CFSK pri= primary, CFSK t=teens

CFK=CrossFit kids all ages,