



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45 AM	5:45 AM	5:45 AM	5:45 AM	5:45 AM	
C						8 AM
L	9 AM	9 AM	9 AM	9 AM	9 AM	9:30AM
O						11AM
S	12 PM	12 PM	12 PM	12 PM	12 PM	12:30PM
E						CF KIDS
D						
	4 PM		4 PM		4 PM	
	ROMWOD	5 PM	ROMWOD	5 PM	ROMWOD	
	5:30pm	TEAM	5:30pm	6:15 PM	5:30pm	
	OPEN GYM	TRAINING	OPEN GYM	CF KIDS	OPEN GYM	
	7:30 PM	7:30 PM	7:30 PM	7:30 PM	7:30 PM	

Pricing:

Unlimited (1 Hour) Classes, No Fixed Term, Month to month

Regular: \$140 (plus HST) per month **Student** = \$100 (plus HST) per month

***Before you begin, you must complete 4 fundamentals sessions to learn the movements (\$40 plus HST each)**

All info about CrossFit and us can be found at www.CrossFitLTD.ca

Call 905-550-2707 or email info@CrossFitLTD.ca