



CHARGE CROSSFIT

TIMETABLE

2 Goldsmith Grove
Northcote VIC

Ash: 0411-405-379

info@chargecrossfit.com.au

MON	TUE	WED	THU	FRI	SAT	SUN
6:00am	6:00am	6:00am	6:00am	6:00am	8:00am	Rest Day
7:00am	7:00am	7:00am	7:00am	7:00am	9:00am	
10:00am	10:00am	10:00am	10:00am	10:00am	10:00am	
5:00pm	5:00pm	5:00pm	5:00pm	5:00pm		
6:00pm	6:00pm	6:00pm	6:00pm-7:30pm Barbell	6:00pm		
7:00pm	7:00pm	7:00pm	7:30pm Turbocharged			

6:00pm Thursday Barbell session is a dedicated Olympic Lifting session. Open to all members.

7:30pm Thursday Turbocharged session is a 45 minute express CrossFit session. No barbells. Open to all members.