



# CHARGE CROSSFIT TIMETABLE

2 Goldsmith Grove  
Northcote VIC  
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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	6:00-7:30pm Gymnastics	6:00pm	6:00-7:30pm Barbell	6:00pm		
7:00pm	7:30pm	7:00pm	7:30pm			

**6:00pm Tuesday** Gymnastics session is 1.5 hours of dedicated gymnastics.  
**6:00pm Thursday** Barbell session is a 1.5 hour class dedicated Olympic Lifting hour.  
All members are always welcome.