

# Brookvale Opening Hours

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5.00am	CrossFit Metcon F-Strength	CrossFit Metcon Endurance	CrossFit Metcon F-Strength	CrossFit Metcon Endurance	CrossFit Metcon F-Strength	
5.30am						Hyrox
6.00am	CrossFit Metcon F-Strength	CrossFit Metcon Endurance	CrossFit Metcon F-Strength	CrossFit Metcon Endurance	CrossFit Metcon F-Strength	
6.45am						CrossFit
7.00am	CrossFit Metcon F-Strength	CrossFit Metcon Endurance	CrossFit Metcon F-Strength	CrossFit Metcon Endurance	CrossFit Metcon F-Strength	
8.30am						Metcon
9.30am	CrossFit Metcon F-Strength	CrossFit Metcon Endurance	CrossFit Metcon F-Strength	CrossFit Metcon Endurance	CrossFit Metcon F-Strength	
16.15pm	CrossFit Metcon F-Strength	CrossFit Metcon Endurance				
17.15pm	CrossFit Metcon F-Strength	CrossFit Metcon Endurance	CrossFit Metcon F-Strength	CrossFit Metcon Endurance	CrossFit Metcon F-Strength	
18.15pm	CrossFit Metcon F-Strength	CrossFit Metcon Endurance	CrossFit Metcon F-Strength	CrossFit Metcon Endurance		

Be Athletic