

City Opening Hours

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5.30am	CrossFit Metcon	CrossFit Metcon Endurance	CrossFit Metcon	CrossFit Metcon Endurance	CrossFit Metcon	
6.30am	CrossFit Metcon	CrossFit Metcon Endurance	CrossFit Metcon	CrossFit Metcon Endurance	CrossFit Metcon	
7.30am	CrossFit Metcon	CrossFit Metcon Endurance	CrossFit Metcon	CrossFit Metcon Endurance	CrossFit Metcon	Metcon
8.30am						CrossFit
10.00am	CrossFit Metcon		CrossFit Metcon		CrossFit Metcon	
11.45am	CrossFit Metcon	CrossFit Metcon Endurance	CrossFit Metcon	CrossFit Metcon Endurance	CrossFit Metcon	
12.45pm	CrossFit Metcon F-Strength	CrossFit Metcon Endurance	CrossFit Metcon F-Strength	CrossFit Metcon Endurance	CrossFit Metcon F-Strength	
17.30pm	CrossFit Metcon	CrossFit Metcon Endurance	CrossFit Metcon	CrossFit Metcon Endurance		
18.30pm	CrossFit Metcon	CrossFit Metcon Endurance	CrossFit Metcon	CrossFit Metcon Endurance		

Open Gym Hours:

Monday to Friday 8.30am - 11.00am & Monday to Friday 2.00pm-5.00pm

Be Athletic