



Current timetable (as of 10/11/09)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
06:00	CrossFit Victoria WOD	CrossFit Victoria WOD	CrossFit Victoria WOD	CrossFit Victoria WOD	CrossFit Victoria WOD	
07:00	Open gym (un-coached)		Open gym (un-coached)		Open gym (un-coached)	
09:00						CrossFit Victoria WOD
10:00						Open Gym (coached)
12:30	CrossFit Victoria WOD		CrossFit Victoria WOD		CrossFit Victoria WOD	
18:00	CrossFit Victoria WOD	CrossFit Victoria WOD	CrossFit Victoria WOD	CrossFit Victoria WOD	CrossFit Victoria WOD	
19:30		Team Nemesis MMA		Team Nemesis MMA		