

BLACKRIVER

OBSERVATORY CAPE TOWN



CrossFit



	Monday	Tuesday	Wednesday	Thursday	Friday
Time					
05h30	CrossFit		CrossFit		CrossFit
06h00		CrossFit		CrossFit	
06h30	CrossFit		CrossFit		CrossFit
07h00		CrossFit		CrossFit	
12h00	CrossFit		CrossFit		CrossFit
17h00		CrossFit		CrossFit	CrossFit
18h00				CrossFit	
18h30			CrossFit		