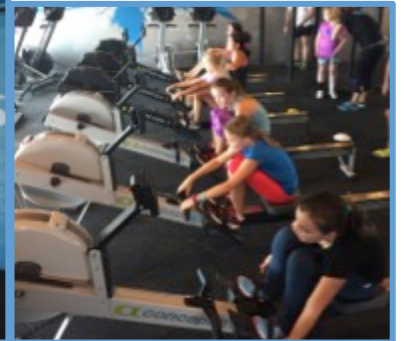




CROSSFIT KIDS



07 September *NEW EXTENDED PROGRAMME* 2015

CrossFit Tots

2-5 years
Saturday
9.30 – 9.50am

40AED Drop-in
300AED for 10
Classes

CrossFit Kids

6-9 years
Monday and
Wednesday
3.45 - 4.30pm
Saturday

10 – 10.45am

CrossFit Tweens

10-12 years
Monday and
Wednesday
3.45 - 4.30pm
Saturday

10 – 10.45am

CrossFit Teens

13-16 years
Monday and
Wednesday
5.30 - 6.30pm
Saturday

10 – 10.45am

1800AED Semester for Unlimited Classes
(First two weeks only)
600AED for 10 classes/80AED Drop-in

Drop the kids and take on the 45 minute MetCon: Scheduled for parents at the same time as the Kids and Tweens programs.