



Brisbane Barbell Club Weekly Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am – 5pm Open	5am – 8pm Open	5am – 5:30am Open	5am – 8pm Open	5am – 7pm Open		
		5:30am – 7:30am Open (supervised)				6am – 8am Open
		7:30am – 5pm Open				8am – 10am Open (supervised)
5pm – 7pm Open (supervised)		5pm – 7pm Open (supervised)				
7pm – 8pm Open		7pm – 8pm Open				
7pm – 8pm Intro to Weightlifting		7pm – 8pm Intro to Weightlifting				
						9am – 5pm Open

Open: The Brisbane Barbell Club will be open during the above hours for members to work on their individual programming.

Open (supervised): Our expert coaches will be walking the floor to assist members with their programming, lifts and any other questions they may have.

Intro to Weightlifting: Email info@crossfittorian.com for more info or to book your spot.

Personal training: We have a range of expert coaches who can work with you 1:1 at any time you wish. Simply email info@crossfittorian.com for more info.