



# Torian Weekly Open Gym Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am – 8pm Open Gym	5am – 8pm Open Gym	5am – 8pm Open Gym	5am – 8pm Open Gym	5am – 7pm Open Gym	6am – 10am Open Gym	9am – 5pm Open Gym

**Open Gym:** The best way to achieve your fitness, strength and performance goals is under the direct supervision of our expert coaches with the support of the Torian community. As a result, we strongly advise our members to participate in the regular class sessions. However, we do appreciate that there are times when members might want the freedom to work on auxiliary skill work or to catch up on a session they may have missed throughout the week, so please use the designated Open Gym times accordingly. Please remember to clear the floor of any equipment you have used, and respect that classes will have priority on floorspace and equipment during designated class times.

**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](mailto:info@crossfittorian.com) for more info.