



CANNING VALE

FREE TRIALS WELCOME

INFO@RFXCROSSFIT.COM.AU

WWW.RFXCROSSFIT.COM.AU



COCKBURN

THE ONLY 24 HOUR CROSSFIT BOXES IN WA

RFX COCKBURN TIMETABLE

TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
5:30AM	WOD	WOD	WOD	WOD	WOD	7:00AM	WOD
6:45AM	WOD	WOD	WOD	WOD	WOD	8:00AM	MOBILITY
9:30AM	WOD	WOD	WOD	WOD	WOD	8:00AM	PRE TEENS
10:30AM						8:00AM	OLY
3:45PM	RFX KIDS	PRE TEENS	RFX KIDS	PRE TEENS		9:00AM	WOD
4:30PM	WOD	WOD	WOD	WOD	WOD	10:00AM	RFX TEENS
4:30PM		RFX TEENS		RFX TEENS			
5:30PM	Quick Fit	WOD	Quick Fit	ENGINE	WOD		
5:30PM	OLY		OLY				
6:30PM	WOD	WOD	WOD	WOD	GYMNASTICS		
7:30PM	FOUNDATIONS						



| 9 468 7778 | UNIT 9, 49 ARMADALE ROAD, JANDAKOT |

CROSSFIT KIDS NOW AVAILABLE AT
BOTH LOCATIONS

VISIT RFXCROSSFIT.COM.AU TO REGISTER
FOR A FREE TRIAL CLASS