

# SHIREFIT

## WELLINGBOROUGH SCHEDULE 2020

**MONDAY**   **TUESDAY**   **WEDNESDAY**   **THURSDAY**   **FRIDAY**   **SATURDAY**   **SUNDAY**

6.00 AM	OWRK	GRW	OWRK	RCOR	GRW	
7.15 AM	GRW	OWRK	GRW	RCOR	OWRK	
9.00 AM	OWRK	GRW	OWRK	RCOR	GRW	
10.00 AM	GRW	OWRK	GRW	RCOR	OWRK	
12.00 PM	OWRK	GRW	OWRK	RCOR	GRW	
5.00 PM	OWRK	GRW	OWRK	RCOR	GRW	
5.30 PM	GRW	OWRK	GRW			
6.00 PM	OWRK	GRW	OWRK	RCOR	OWRK	
6.30 PM	GRW	OWRK	GRW			
7.00 PM	OWRK	GRW	OWRK	RCOR	GRW	
7.30 PM	GRW	OWRK	GRW			
8.00 PM	OWRK	GRW	OWRK	RCOR		

8.00 AM  
**TEAM  
WOD**

10.00 AM  
**TEAM  
WOD**

CLOSED