

Xactive
treme
FITNESS CENTRE

CrossFit

12 Week Challenge

Starting: 2 Sept

2013

CROSSFIT
CONSTANTLY VARIED
HIGH-INTENSITY

**FUNCTIONAL
MOVEMENTS**



R3000 Per Team Of 2 for 3 months

05:30 - 06:30 ChéNE
072 348 9839

07:00-08:00 Christelle
082 788 8618

08:00 - 09:00 Alex
084 910 8393

17:30 - 18 :30 Christelle
082 788 8618

18:30 - 19:30 Shandin
083 3800 339

018 632 4428