

| CF709 | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | | Sunday | | | | |
|----------------|--------------------|----------|-----------------|----------|----------------|----------|----------------|----------|----------------|-----------------|----------------|-----------------|----------|----------------|----------------|----------|----------|
| | CF ROOM | OG ROOM | CF ROOM | OG ROOM | CF ROOM | OG ROOM | CF ROOM | OG ROOM | CF ROOM | OG ROOM | CF ROOM | OG ROOM | | | | | |
| 6:00 AM | CROSSFIT CLASS | OPEN GYM | ELEVATE CLASS | OPEN GYM | CROSSFIT CLASS | OPEN GYM | ELEVATE CLASS | OPEN GYM | CROSSFIT CLASS | ELEVATE CLASS | | | OPEN GYM | | | | |
| 7:00 AM | OPEN GYM | | OPEN GYM | | OPEN GYM | | OPEN GYM | | OPEN GYM | OPEN GYM | | | | OPEN GYM | OPEN GYM | OPEN GYM | OPEN GYM |
| 8:00 AM | | | | | | | | | | | CROSSFIT CLASS | | | | | | |
| 9:00 AM | | | | | | | | | | | | | | | | | |
| 10:30 AM | | | | | | | | | | | | | | | | | |
| 11:00 AM | CROSSFIT BARBELLAS | | CROSSFIT CLASS | | ELEVATE CLASS | | CROSSFIT CLASS | | CROSSFIT CLASS | CROSSFIT CLASS | CROSSFIT CLASS | CROSSFIT CLASS | | CROSSFIT CLASS | CROSSFIT CLASS | | |
| 12:00 PM | | | | | | | | | | | | | | | | | |
| 1:00 PM | ELEVATE CLASS | | | | | | | | | | | | | | | | |
| 2:00 PM | OPEN GYM | | OPEN GYM | | OPEN GYM | | OPEN GYM | | OPEN GYM | OPEN GYM | OPEN GYM | OPEN GYM | | OPEN GYM | OPEN GYM | OPEN GYM | OPEN GYM |
| 4:00 PM | | | | | | | | | | | | | | | | | |
| 5:00 PM | | | | | | | | | | | | | | | | | |
| 5:30 PM | CROSSFIT CLASS | | CROSSFIT CLASS | | ELEVATE CLASS | | CROSSFIT CLASS | | CROSSFIT CLASS | ELEVATE CLASS | CROSSFIT CLASS | ELEVATE CLASS | | CROSSFIT CLASS | ELEVATE CLASS | | |
| 6:30 PM | CROSSFIT CLASS | | iRON BODY WORKS | | CROSSFIT CLASS | | OPEN GYM | | CROSSFIT CLASS | iRON BODY WORKS | CROSSFIT CLASS | iRON BODY WORKS | | OPEN GYM | OPEN GYM | | |
| 7:30 PM - 9 PM | OPEN GYM | | | | OPEN GYM | | | | OPEN GYM | | OPEN GYM | | | OPEN GYM | OPEN GYM | | |