

7 CROSSFIT 9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	6AM CROSSFIT	6AM CROSSFIT	6AM CROSSFIT	6AM CROSSFIT	6AM CROSSFIT		
7:00 AM	OPEN GYM (7AM - 12PM)	OPEN GYM (7AM - 12PM)	OPEN GYM (7AM - 12PM)	OPEN GYM (7AM - 12PM)	OPEN GYM (7AM - 12PM)	OPEN GYM (8AM - 9AM)	
9:00 AM						9AM CROSSFIT	OPEN GYM (9AM-10AM)
10:00 AM							10AM CROSSFIT
12:00 PM	12PM CROSSFIT	12PM CROSSFIT	12PM CROSSFIT	12PM CROSSFIT	12PM CROSSFIT	OPEN GYM (10AM - 8PM)	OPEN GYM (11AM-5PM)
1:00 PM	OPEN GYM (1PM - 430PM)	OPEN GYM (1PM - 430PM)	OPEN GYM (1PM - 430PM)	OPEN GYM (1PM - 430PM)	OPEN GYM (1PM - 430PM)		
4:30 PM	430PM CROSSFIT	430PM CROSSFIT	430PM CROSSFIT	430PM CROSSFIT	430PM CROSSFIT		
5:45 PM	545PM CROSSFIT	545PM CROSSFIT	545PM CROSSFIT	545PM CROSSFIT	545PM CROSSFIT		
6:45 PM	OPEN GYM (645PM - 10PM)	OPEN GYM (645PM - 10PM)	OPEN GYM (645PM - 10PM)	OPEN GYM (645PM - 10PM)	OPEN GYM (645PM - 10PM)		
10:00 PM							

*Call 330-7377 for class details