

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday				
	CF ROOM	CF ROOM	CF ROOM	CF ROOM	CF ROOM	CF ROOM	CF ROOM	CF ROOM	CF ROOM	CF ROOM	CF ROOM	CF ROOM				
6:00 AM	6AM CROSSFIT	OPEN GYM (6AM - 10PM)	6AM CROSSFIT	ELEVATE	6AM CROSSFIT	OPEN GYM (6AM - 10PM)	ELEVATE	OPEN GYM (6AM - 10PM)	6AM CROSSFIT	ELEVATE						
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 (7AM - 12PM)	OPEN GYM (7AM - 12PM)	OPEN GYM (7AM - 12PM)	OPEN GYM (7AM - 12PM)	OPEN GYM (7AM - 10PM)	OPEN GYM (8AM - 9AM)		
9:00 AM														9AM CROSSFIT	OPEN GYM (9AM-10AM)	
10:00 AM														10AM CROSSFIT		
12:00 PM	12PM CROSSFIT		OPEN GYM (1PM - 430PM)	12PM CROSSFIT	OPEN GYM (7AM - 10PM)		12PM CROSSFIT		OPEN GYM (6AM - 10PM)	12PM CROSSFIT	OPEN GYM (6AM - 10PM)	12PM CROSSFIT	OPEN GYM (7AM - 10PM)	OPEN GYM (10AM - 8PM)	OPEN GYM (11AM-5PM)	
1:00 PM	OPEN GYM (1PM - 430PM)			OPEN GYM (1PM - 530PM)			OPEN GYM (1PM - 430PM)			OPEN GYM (1PM - 430PM)		OPEN GYM (1PM - 430PM)				OPEN GYM (1PM - 430PM)
4:30 PM	430PM CROSSFIT			530PM CROSSFIT			430PM CROSSFIT			430PM CROSSFIT		430PM CROSSFIT				430PM CROSSFIT
5:30 PM	530PM CROSSFIT			530PM CROSSFIT			530PM CROSSFIT			530PM CROSSFIT		530PM CROSSFIT				530PM CROSSFIT
6:30 PM	OPEN GYM (630PM - 10PM)			OPEN GYM (630PM - 10PM)			OPEN GYM (630PM - 10PM)			OPEN GYM (630PM - 10PM)		OPEN GYM (630PM - 10PM)				OPEN GYM (630PM - 10PM)
10:00 PM			OPEN GYM (630PM - 10PM)		OPEN GYM (630PM - 10PM)				OPEN GYM (630PM - 10PM)		OPEN GYM (630PM - 10PM)		OPEN GYM (630PM - 10PM)			

\*CF ROOM = CrossFit 709 Room  
 \*OG ROOM = Open Gym Room  
 \*Call 330-7377 for class details