

Monday|

5:30 CrossFit
6:30 CrossFit
AM 7:30 CrossFit
8:30 Open Gym
9:30 CrossFit

5:00 CrossFit
PM 6:00 CrossFit
7:00 CrossFit
8:00 Beginners

Tuesday|

5:30 CrossFit
6:30 CrossFit
AM 7:30 CrossFit
8:30 Open Gym
9:30 CrossFit

5:00 CrossFit
PM 6:00 CrossFit
7:00 CrossFit

Wednesday|

5:30 CrossFit
6:30 CrossFit
AM 7:30 CrossFit
8:30 Open Gym
9:30 CrossFit

5:00 CrossFit
PM 6:00 CrossFit
7:00 CrossFit
8:00 Beginners

Thursday|

5:30 CrossFit
6:30 CrossFit
AM 7:30 CrossFit
8:30 Open Gym
9:30 CrossFit

5:00 CrossFit
PM 6:00 CrossFit
7:00 CrossFit
8:00 Beginners

Friday|

5:30 CrossFit
6:30 CrossFit
AM 7:30 CrossFit
8:30 Open Gym
9:30 CrossFit

5:00 CrossFit
PM 6:00 CrossFit

Saturday|

7:00 Open Gym
AM 8:00 Cardio Club
9:00 CrossFit

Sunday|

7:00 Open Gym
AM 9:00 CrossFit

