

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45 AM CrossFit, Spinning	5:45 AM CrossFit	5:45 AM CrossFit, Spinning	5:45 AM CrossFit	5:45 AM CrossFit	
	6:45 AM Rapid Fire	6:45 AM CrossFit	6:45 AM Rapid Fire	6:45 AM CrossFit	6:45 AM CrossFit	9:00 AM – 1:00 PM Open Gym
	8:30 AM CrossFit	8:30 AM CrossFit	8:30 AM CrossFit	8:30 AM CrossFit	8:30 AM CrossFit	9:30 AM FREE CrossFit
	9:45 AM CrossFit	9:45 AM CrossFit	9:45 AM CrossFit	9:45 AM CrossFit	9:45 AM CrossFit	
10:00AM CrossFit						
	1:00 PM CrossFit	1:00 PM CrossFit	1:00 PM CrossFit	1:00 PM CrossFit	1:00 PM CrossFit	
	4:15 PM CrossFit	4:15 PM CrossFit	4:15 PM CrossFit	4:15 PM CrossFit	4:15 PM CrossFit	
	5:15 PM CrossFit	5:15 PM CrossFit	5:15 PM CrossFit	5:15 PM CrossFit	5:15 PM CrossFit	
	6:00 PM Kids-Fit	6:00 PM Kids-Fit	6:00 PM Kids-Fit	6:00 PM Kids-Fit		
	6:15 PM CrossFit, Spinning & Sculpt	6:15 PM CrossFit, Spinning	6:15 PM CrossFit, Spinning & Sculpt	6:15 PM CrossFit, Spinning	6:15 PM CrossFit	
		7:15 PM Beginners On-Ramp	7:15 PM Beginners On-Ramp	7:15 PM Beginners On-Ramp		
	7:15 PM CrossFit, Rapid Fire	7:15 PM CrossFit, Spinning	7:15 PM CrossFit, Rapid Fire	7:15 PM CrossFit, Spinning	7:15 PM CrossFit	
	8:15 PM CrossFit, Spinning	8:15 PM CrossFit,	8:15 PM CrossFit, Spinning	8:15 PM CrossFit,		
	8:30 Cardio Boxing	8:30 Cardio Boxing	8:30 Cardio Boxing	8:30 Cardio Boxing		