

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45 AM CrossFit, Spinning	5:45 AM CrossFit, Spinning	5:45 AM CrossFit, Spinning	5:45 AM CrossFit, Spinning	5:45 AM CrossFit	
	6:45 AM CrossFit	6:45 AM CrossFit	6:45 AM CrossFit	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
9:30AM Spinning	9:45 AM CrossFit	9:45 AM CrossFit	9:45 AM CrossFit	9:45 AM CrossFit	9:45 AM CrossFit	---- Beginner Oly Class
10:00AM CrossFit						11:00 AM Advanced Oly
	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	
	5:30 Oly Class			5:30 Oly Class		
	6:00 PM CrossFit Kids	6:00 PM CrossFit Kids	6:00 PM CrossFit Kids	6:00 PM CrossFit Kids		
	6:15 PM CrossFit, Spinning	6:15 PM CrossFit, Spinning	6:15 PM CrossFit, Spinning	6:15 PM CrossFit, Spinning	6:15 PM CrossFit	
			6:30 PM Oly Class			
	7:15 PM CrossFit, Cardio Boxing, Rapid Fire	7:15 PM CrossFit, Cardio Boxing	7:15 PM CrossFit, Cardio Boxing, Rapid Fire	7:15 PM CrossFit, Cardio Boxing	7:15 PM CrossFit	
	8:15 PM CrossFit, Cardio Boxing On-Ramp, Spinning	8:15 PM CrossFit, Cardio Boxing On-Ramp, Spinning	8:15 PM CrossFit, Cardio Boxing On-Ramp, Spinning	8:15 PM CrossFit, Cardio Boxing On-Ramp, Spinning		