

MON 5:00A - 8:30PM		TUE 5:00A - 8:30PM		WED 5:00A - 8:30PM		THU 5:00A - 8:30PM		FRI 5:00A - 7:30PM		SAT 7:00A - 1:30PM		SUN 7:00A - 1:30PM				
Main	Other	Main	Other	Main	Other	Main	Other	Main	Other	Main	Other	Main	Other			
CrossFit 5:00A	Open Gym & Private Coaching 5:00A - 7:30P	CrossFit 5:00A	STRONG 5:30A	CrossFit 5:00A	Open Gym & Private Coaching 5:00A - 7:30P	CrossFit 5:00A	STRONG 5:30A	CrossFit 5:00A	Open Gym & Private Coaching 5:00A - 7:30P							
CrossFit 6:00A		CrossFit 6:00A		CrossFit 6:00A		CrossFit 6:00A		CrossFit 6:00A		CrossFit 6:00A	CrossFit 6:00A					
CrossFit 7:00A		CrossFit 7:00A	Open Gym & Private Coaching	CrossFit 7:00A		CrossFit 7:00A	Open Gym & Private Coaching	CrossFit 7:00A		CrossFit 7:00A	CrossFit 7:00A	Open Gym & Private Coaching				
FIT 8:00A		CrossFit 8:00A	5:00A - 7:30P	FIT 8:00A		FIT 8:00A	5:00A - 7:30P	FIT 8:00A		FIT 8:00A	FIT 8:00A	STRONG 8:00A	CrossFit 8:00A			
CrossFit 9:00A		CrossFit 9:00A	STRONG 9:00A	CrossFit 9:00A		CrossFit 9:00A	STRONG 9:00A	CrossFit 9:00A		CrossFit 9:00A	CrossFit 9:00A	STRONG 930A	CrossFit 9:00A	Open Gym & Private Coaching		
CrossFit 10:00A		Func. Bodybuild 10:00A		CrossFit 10:00A		CrossFit 10:00A		Func. Bodybuild 10:00A		CrossFit 10:00A	CrossFit 10:00A		CrossFit 10:00A	8:00A - 12:00P		
													CrossFit 11:00A	Open Gym & Private Coaching	CrossFit 11:00A	
CrossFit 12:00P			CrossFit 12:00P			CrossFit 12:00P		CrossFit 12:00P			CrossFit 12:00P		CrossFit Rx+ 12:00P	7:00A - 1:30P	Masters Rx+ 12:00P	
				Open Gym & Private Coaching 5:00A - 7:30P						Open Gym & Private Coaching 5:00A - 7:30P						
CrossFit 3:30P			CrossFit 3:30P			CrossFit 3:30P		CrossFit 3:30P			CrossFit 3:30P					
CrossFit 4:30P	Teens 4:30P	CrossFit 4:30P		CrossFit 4:30P	Teens 4:30P	CrossFit 4:30P		CrossFit 4:30P	Teens 4:30P							
CrossFit 5:30P	Open Gym & Private Coaching	CrossFit 5:30P		CrossFit 5:30P	Open Gym & Private Coaching	CrossFit 5:30P		CrossFit 5:30P	Open Gym & Private Coaching 5:00A - 7:00P							
CrossFit 6:30P	5:00A - 7:30P	Func. Bodybuild 6:30P		CrossFit 6:30P	5:00A - 7:30P	CrossFit 6:30P		Func. Bodybuild 6:30P								
CrossFit 7:30P		CrossFit 7:30P		CrossFit 7:30P		Func. Bodybuild 7:30P										



Class & Open Gym Schedule