

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		CrossFit 5:00A		CrossFit 5:00A		CrossFit 5:00A						
CrossFit 6:00A		CrossFit 6:00A	STRONG 5:30A	CrossFit 6:00A	Teen SPT 6:00A	CrossFit 6:00A	STRONG 5:30A	CrossFit 6:00A	Teen SPT 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	Open Gym & Private Coaching			
FIT 8:00A		CrossFit 8:00A	5:00A - 7:30P	CrossFit 8:00A		CrossFit 8:00A	5:00A - 7:30P	CrossFit 8:00A		CrossFit 8:00A	STRONG 8:00A	CrossFit 8:00A	Teen SPT 6:00A	
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		
CrossFit 10:00A		Func. Bodybuild 10:00A		CrossFit 10:00A	Open Gym & Private Coaching	Func. Bodybuild 10:00A		CrossFit 10:00A	Open Gym & Private Coaching	CrossFit 10:00A	STRONG 930A	CrossFit 10:00A	Open Gym & Private Coaching 8:00A - 12:00P	
						5:00A - 7:30P			5:00A - 7:30P	CrossFit 11:00A	Open Gym & Private Coaching	Masters Rx+ 11:00A		
CrossFit 12:00P			CrossFit 12:00P	Open Gym & Private Coaching 5:00A - 7:30P	CrossFit 12:00P		CrossFit 12:00P	Open Gym & Private Coaching 5:00A - 7:30P	CrossFit 12:00P		CrossFit Rx+ 12:00P	7:00A - 1:30P		
CrossFit 3:30P			CrossFit 3:30P	STRONG 4:30P	CrossFit 3:30P		CrossFit 3:30P	STRONG 4:30P	CrossFit 3:30P					
CrossFit 4:30P		Teens 4:30P	CrossFit 4:30P	Teens 4:30P	CrossFit 4:30P	Teens 4:30P	CrossFit 4:30P	Teens 4:30P	CrossFit 4:30P	Teens 4:30P				
CrossFit 5:30P	Open Gym & Private Coaching	CrossFit 5:30P	Open Gym & Private Coaching	CrossFit 5:30P	Open Gym & Private Coaching	CrossFit 5:30P	Open Gym & Private Coaching	CrossFit 5:30P	Open Gym & Private Coaching					
CrossFit 6:30P	5:00A - 8:00P	CrossFit 6:30P	5:00A - 8:00P	CrossFit 6:30P	5:00A - 8:00P	CrossFit 6:30P	5:00A - 8:00P	CrossFit 6:30P	5:00A - 7:30P	Func. Bodybuild 6:30P	5:00A - 7:30P			
CrossFit 7:30P		Func. Bodybuild 7:30P		CrossFit 7:30P										



Class & Open Gym Schedule