

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		Open Gym & Private Coaching 7:00A - 1:30P		Open Gym & Private Coaching 8:00A - 12:00P					
CrossFit 6:00A		CrossFit 6:00A		Teen SPT 6:00A		CrossFit 6:00A		CrossFit 6:00A		Teen SPT 6:00A		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		Open Gym & Private Coaching		CrossFit 7:00A		Open Gym & Private Coaching				
FIT 8:00A		FIT 8:00A	5:00A - 7:30P	FIT 8:00A		FIT 8:00A	5:00A - 7:30P	FIT 8:00A		5:00A - 7:30P		FIT 8:00A		5:00A - 7:30P	CrossFit 8:00A	7:00A - 1:30P	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		STRONG 9:00A		CrossFit 9:00A		STRONG 9:00A	CrossFit 9:00A	STRONG 8:30A	CrossFit 9:00A	
CrossFit 10:00A		Func. Bodybuild 10:00A	Open Gym & Private Coaching 5:00A - 7:30P	CrossFit 10:00A		Open Gym & Private Coaching	Func. Bodybuild 10:00A	CrossFit 10:00A		Open Gym & Private Coaching		CrossFit 10:00A		Open Gym & Private Coaching	CrossFit 10:00A		CrossFit 10:00A	
				CrossFit 11:00A		5:00A - 7:30P	Open Gym & Private Coaching			CrossFit 11:00A		5:00A - 7:30P		Open Gym & Private Coaching			Masters Rx+ 11:00A	
CrossFit 12:00P		CrossFit 12:00P		CrossFit 12:00P		5:00A - 7:30P	CrossFit 12:00P	5:00A - 7:30P		CrossFit 12:00P		5:00A - 7:30P		CrossFit 12:00P	5:00A - 7:30P	CrossFit 12:00P		
CrossFit 3:30P			CrossFit 3:30P	STRONG 4:30P		CrossFit 3:30P		CrossFit 3:30P		STRONG 4:30P		CrossFit 3:30P			CrossFit 3:30P		CrossFit 3:30P	
CrossFit 4:30P		Teens 4:30P	CrossFit 4:30P	Open Gym & Private Coaching 5:00A - 8:00P		CrossFit 4:30P	Teens 4:30P	CrossFit 4:30P		Open Gym & Private Coaching 5:00A - 7:30P		CrossFit 4:30P		Teens 4:30P	CrossFit 4:30P		CrossFit 4:30P	
CrossFit 5:30P	Open Gym & Private Coaching	CrossFit 5:30P	Open Gym & Private Coaching		CrossFit 5:30P	Masters STRONG 4:30P	CrossFit 5:30P	Open Gym & Private Coaching	CrossFit 5:30P		Open Gym & Private Coaching		CrossFit 5:30P					
CrossFit 6:30P	5:00A - 8:00P	CrossFit 6:30P	5:00A - 8:00P		CrossFit 6:30P		CrossFit 6:30P	5:00A - 7:30P	CrossFit 6:30P		Open Gym & Private Coaching 5:00A - 7:30P		CrossFit 6:30P					
CrossFit 7:30P		CrossFit 7:30P			CrossFit 7:30P		CrossFit 7:30P		CrossFit 7:30P				CrossFit 7:30P					



Class & Open Gym Schedule