

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



Class & Open Gym Schedule