CLASS SCHEDULE

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00	CLOSE	6:00-7:00 CrossFit	6:00-7:00 CrossFit	6:00-7:00 Engine	6:00-7:00 CrossFit	CLOSE	CLOSE
6:15							
6:30							
6:45							
7:00		7:00-8:00 Engine	7:00-8:00 CrossFit	7:00-8:00 CrossFit	7:00-8:00 Engine	7:00-8:00 CrossFit	7:00-8:00 CrossFit
7:15							
7:30							
7:45							
8:00							
8:15							
8:30		8:30-9:30 CrossFit	8:30-9:30 CrossFit	8:30-9:30 Ultimate Burn	8:30-9:30 CrossFit	8:30-9:30 CrossFit	8:30-9:30 CrossFit
8:45							
9:00							
9:15							
9:30		Open Gym 9:30-12:00	Open Gym 9:30-11:00	Open Gym 9:30-12:00	Open Gym 9:30-11:00		
9:45							
10:00						10:00-11:00 CrossFit	10:00-11:00 Engine
10:15							
10:30							
10:45							
11:00			11:00-12:00 Engine		11:00-12:00 Engine	Open Gym 11:00-12:30	Open Gym 11:00-12:30
11:15							
11:30							
11:45							
12:00		12:00-13:00 CrossFit	Open Gym 12:00-15:00	12:00-13:00 CrossFit	Open Gym 12:00-15:00		
12:15							
12:30						12:30-13:30 Strength	12:30-13:30 CrossFit
12:45							
13:00		Open Gym 13:00-17:30		Open Gym 13:00-17:30			
13:15							
13:30							
13:45							
14:00						14:00-15:00 CrossFit	14:00-15:00 CrossFit
14:15							
14:30							
14:45							
15:00			CLOSE		CLOSE		
15:15							
15:30						15:30-16:30 W2 & W4 Gymnastics	15:30-17:00 CrossFit Competition
15:45							
16:00						15:30-16:30 W1 & W3 Weight Lifting	
16:15							
16:30							
16:45							
17:00						CLOSE	CLOSE
17:15							
17:30							
17:45	17:45-18:45 Engine	17:45-18:45 CrossFit	17:45-18:45 CrossFit	17:45-18:45 CrossFit	17:45-18:45 CrossFit		
18:00							
18:15							
18:30							
18:45							
19:00	19:00-20:00 CrossFit	19:00-20:00 Strength	19:00-20:00 CrossFit	19:00-20:00 Strength	19:00-20:00 CrossFit		
19:15							
19:30							
19:45							
20:00							
20:15							
20:30	20:30-21:30 CrossFit	20:30-21:30 CrossFit	20:30-21:30 Engine	20:30-21:30 CrossFit	20:30-21:30 Engine		
20:45							
21:00							
21:15							
21:30							
21:45							
22:00							