

CLASS SCHEDULE

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
6:00	CLOSE							
6:15								
6:30			6:00-7:00 CrossFit	6:00-7:00 CrossFit	6:00-7:00 CrossFit	6:00-7:00 Engine	CLOSE	CLOSE
6:45								
7:00								
7:15			7:00-8:00 Engine	7:00-8:00 CrossFit	7:00-8:00 CrossFit	7:00-8:00 CrossFit	7:00-8:00 CrossFit	7:00-8:00 CrossFit
7:30								
7:45								
8:00								
8:15								
8:30								
8:45			8:30-9:30 CrossFit	8:30-9:30 Ultimate Burn	8:30-9:30 CrossFit	8:30-9:30 CrossFit Basic	8:30-9:30 CrossFit	8:30-9:30 CrossFit
9:00								
9:15								
9:30								
9:45								
10:00				Open Gym 9:30-11:00		Open Gym 9:30-11:00		
10:15								
10:30			Open Gym 9:30-12:00		Open Gym 9:30-12:00		10:00-11:00 CrossFit Basic	10:00-11:00 Engine
10:45								
11:00								
11:15								
11:30			11:00-12:00 CrossFit		11:00-12:00 Engine	Open Gym 11:00-12:30	Open Gym 11:00-12:30	
11:45								
12:00								
12:15		12:00-13:00 CrossFit Basic		12:00-13:00 CrossFit				
12:30								
12:45						12:30-13:30 Strength	12:30-13:30 CrossFit	
13:00								
13:15			Open Gym 12:00-15:00		Open Gym 12:00-15:00			
13:30								
13:45								
14:00								
14:15						14:00-15:00 CrossFit	14:00-15:00 CrossFit	
14:30								
14:45								
15:00								
15:15		Open Gym 13:00-17:30	CLOSE	Open Gym 13:00-17:30	CLOSE			
15:30								
15:45	15:30-16:15 Kids		15:30-16:15 Kids		15:30-16:15 Kids	15:30-16:30 Animal Flow Gymnastics	15:30-17:00 CrossFit Competition	
16:00								
16:15								
16:30								
16:45	16:30-17:30 Youth		16:30-17:30 Youth		16:30-17:30 Youth			
17:00								
17:15								
17:30								
17:45								
18:00	17:45-18:45 CrossFit	17:45-18:45 Engine	17:45-18:45 CrossFit	17:45-18:45 CrossFit Basic	17:45-18:45 CrossFit			
18:15								
18:30								
18:45								
19:00								
19:15	19:00-20:00 Engine	19:00-20:00 CrossFit	19:00-20:00 Strength	19:00-20:00 CrossFit	19:00-20:00 Engine	CLOSE	CLOSE	
19:30								
19:45								
20:00								
20:15								
20:30								
20:45	20:30-21:30 CrossFit	20:30-21:30 Weightlifting	20:30-21:30 CrossFit	20:30-22:00 CrossFit Competition	20:30-21:30 CrossFit			
21:00								
21:15								
21:30								
21:45								
22:00								