

CLASS SCHEDULE

GYM CLOSED

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 am 6:30	CrossFit (6-7) CSport (6-7)	CrossFit (6-7)	CrossFit (6-7) CSport (6-7)	CrossFit (6-7)	CrossFit (6-7) CSport (6-7)		
7 am 7:30	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	CrossFit (7:30-8:30)	
8 am 8:30	CSport (8-9)	CrossFit (8:30-9:30) CSport (8:30-9:30)	CSport (8-9)	CrossFit (8:30-9:30) CSport (8:30-9:30)	CSport (8-9)	CSport (8:30-9:30)	
9 am 9:30	CrossFit (9-10) CSport (9-10)	Open Gym	CrossFit (9-10) CSport (9-10)	Open Gym	CrossFit (9-10) CSport (9-10)	CrossFit (9:30-10:30)	Open Gym
10 am 10:30	Open Gym		Open Gym		Open Gym	Barbell Club (10:30-11:30)	
11 am 11:30						Open Gym	
12 pm 12:30	CrossFit (12-1)	CrossFit (12-1)	CrossFit (12-1)	CrossFit (12-1)	CrossFit (12-1)		
1 pm 1:30	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
2 pm 2:30							
3 pm 3:30	Teens (3:30-4:30)	Teens (3:30-4:30)	Teens (3:30-4:30)	Teens (3:30-4:30)			
4 pm 4:30	CrossFit (4-5)	CrossFit (4:30-5:30)	CrossFit (4-5)	CrossFit (4:30-5:30)	CrossFit (4-5)		
5 pm 5:30	CSport (5-6)	CSport (5:30-6:30) Barbell Club (5:30-6:30)	CSport (5-6)	CSport (5:30-6:30) Barbell Club (5:30-6:30)	CSport (5-6)		
6 pm 6:30	CrossFit (6-7)	CrossFit (6:30-7:30)	CrossFit (6-7)	CrossFit (6:30-7:30)	CrossFit (6-7)		
7 pm 7:30							