



Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30AM CrossFit	5AM CrossFit 6AM CrossFit 9:30AM CrossFit	5AM CrossFit 6AM CrossFit 8:30AM All Women's CrossFit	5AM CrossFit 6AM CrossFit 9:30AM CrossFit	5AM CrossFit 6AM CrossFit 8:30AM All Women's CrossFit	5AM CrossFit 6AM CrossFit 9:30AM CrossFit	8:30AM CrossFit 10:00AM Intro to CrossFit
10:30 to 11:30 AM Open Gym	12 Noon CrossFit 4:00PM Kids (45 min)	9:30AM CrossFit 4:30PM CrossFit	12 Noon CrossFit 4:00PM Kids (45 min)	9:30AM CrossFit 4:30PM CrossFit	12 Noon CrossFit 4:30PM CrossFit	
11:30AM Yoga	4:30PM CrossFit 5:30PM CrossFit 6:30PM CrossFit 7:30PM CrossFit	5:30PM CrossFit 6:30PM CrossFit 7:00PM Yoga	4:30PM CrossFit 5:30PM CrossFit 6:30PM CrossFit 7:30PM CrossFit	5:30PM CrossFit 6:30PM CrossFit	5:30PM CrossFit	

Updated 9/12/2011