



TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30AM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	R	10:00AM KIDS CLASS
10:30AM - 2:00PM & 4:00PM - 7:00PM	OPEN GYM					E	11:00AM COMMUNITY WORKOUT
3:00PM	CROSSFIT LADIES	SWEAT LADIES		SWEAT LADIES	CROSSFIT LADIES	S	
4:15PM	SWEAT	SWEAT	SWEAT	SWEAT	SWEAT	T	2:00PM COMMUNITY LADIES
5:00PM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
5:00PM		KIDS		KIDS		D	
6:00PM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	A	
7:30PM	SWEAT LADIES	CROSSFIT LADIES	SWEAT LADIES	CROSSFIT LADIES		Y	