

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00							
06:30	CrossFit Class	CrossFit Class	CrossFit Class	CrossFit Class	CrossFit Class		
07:00							
07:30							
08:00						CrossFit Fundamentals	
08:30							
09:00						CrossFit Class	CrossFit Gymnastics
09:30							
10:00	CrossFit Lite	CrossFit Lite	Olympic Weightlifting	CrossFit Lite	CrossFit	Olympic Weightlifting	Ladies CrossFit
10:30							
11:00							
11:30						CrossFit Compete	
12:00							
12:30	CrossFit Class	CrossFit Class	CrossFit Class	CrossFit Class	CrossFit Class	CrossFit Kids	
13:00							
13:30							
14:00							
14:30							
15:00							
15:30							
16:00		CrossFit Kids					
16:30							
17:00	CrossFit Class	CrossFit Class	CrossFit Class	CrossFit Class			
17:30					CrossFit Class		
18:00	CrossFit Class	CrossFit Fundamentals	CrossFit Fundamentals	CrossFit Class			
18:30							
19:00	CrossFit Fundamentals	CrossFit Class	CrossFit Class	CrossFit Fundamentals			
19:30							
20:00	CrossFit Endurance	CrossFit Gymnastics	Olympic Weightlifting				
20:30							