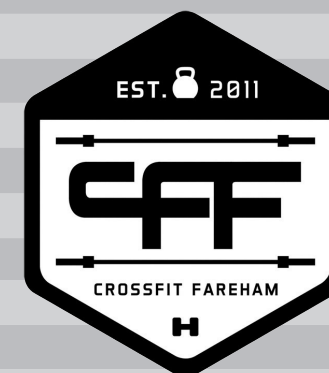


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00	CrossFit	CrossFit	CrossFit	Endurance	CrossFit		
6:30							
7:00	CrossFit	CrossFit	CrossFit	Endurance	CrossFit		
7:30							
8:00						Cross Lift	CrossFit Fundamentals
8:30	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
9:00							
9:30			HIT Class			CrossFit Fundamentals	CrossFit
10:00	CrossFit	CrossFit Lite	CrossFit	CrossFit Lite	CrossFit	CrossFit	CrossFit Ladies Only
10:30							
11:00							
11:30	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	CrossFit	
12:00							
12:30	CrossFit	CrossFit	CrossFit	Endurance	CrossFit		
13:00							
13:30							
14:00							
14:30	Open Gym	Open Gym	Open Gym				
15:00							
15:30							
16:00	CrossFit Kids						
16:30	CrossFit	CrossFit	CrossFit	Endurance	CrossFit		
17:00							
17:30							
18:00	CrossFit	CrossFit Fundamentals	CrossFit	CrossFit Fundamentals	CrossFit		
18:30							
19:00	CrossFit	CrossFit	CrossFit	Endurance			
19:30							
20:00							



\*Timetable runs in 30 minute increments