



## CLASS SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 AM		CROSSFIT		CROSSFIT		CROSSFIT	
6 AM		CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
7 AM	RUN CLUB (offsite)						
8 AM – 9:30 AM							OLY
11 AM		DRIVEN-teen		DRIVEN-teen		DRIVEN-teen	
8:30 AM		CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
9:30 AM		CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT
10:00 AM -12:00 PM	OPEN GYM						
4:30 PM		CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
5:30 PM		CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	

chedule subject to change. Effective 6.7.2020

Non-barbell options available during all class hours. Gym open during class hours only.

Open gym is coached time available for anyone wanting extra special help on anything in the gym.

Private training and nutrition counseling available by appointment only.