



CLASS SCHEDULE

SUNDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 AM		CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
6 AM		CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
7 AM	RUN CLUB (offsite)						
8 AM – 9:30 AM							OLY
8:30 AM		CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
9:30 AM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT
4:30 PM		CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
5:30 PM		CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
6:30 PM		DRIVENteen	DRIVENteen	DRIVENteen	DRIVENteen		

Schedule subject to change. Effective 5.29.19

Non-barbell options available during all class hours.

Gym open during class hours only.

Private training and nutrition counseling available by appointment only.