



CLASS SCHEDULE

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 AM		CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
7 AM							
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		
6:30 PM		DRIVEN TEEN	DRIVEN TEEN	DRIVEN TEEN	DRIVEN TEEN		

Schedule subject to change. Effective 1.1.2021

Non-barbell options available during all class hours.

Gym open during class hours only.

Please inquire for holiday weekend schedules as they are modified.

Private training and nutrition counseling available by appointment only.