



MONDAY - THURSDAY

5:15 AM • 6:30AM • 8:00AM • 12:00PM • 4:00PM • 5:15PM •
6:30PM

FRIDAY

5:15 AM • 6:30AM • 8:00AM • 12:00PM • 4:00PM • 5:15PM

SATURDAY

9:00 AM • 10:15 AM

CROSSFIT KIDS

TUESDAY & THURSDAY

4:00PM (3-7)

4:30PM (8-12)