

CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15	5:15	5:15	5:15	5:15	8:00
6:30	6:30	6:30	6:30	6:30	9:15
8:00	8:00	8:00	8:00	8:00	10:15-11:30
12:00	12:00	12:00	12:00	12:00	
4:00	4:00	4:00	4:00	4:00	
5:15	5:15	5:15	5:15	5:15	
6:30	6:30	6:30	6:30		

CROSSFIT	CROSSFIT KIDS	OLYMPIC WEIGHTLIFTING	BODYBUILDING	OPEN GYM
----------	---------------	-----------------------	--------------	----------