



SCHEDULE OF CLASSES (as of 3/20/2019)

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|--------------------------|----------|--------------------------|----------|--------------------------|-------------------------|-------------------------|
| 5:00am | CrossFit | CrossFit | CrossFit | CrossFit | CrossFit | | |
| 6:00am | CrossFit | CrossFit | CrossFit | CrossFit | CrossFit | | |
| 6:45am | Bootcamp | | Bootcamp | | Bootcamp | Open Gym 6:30-7:30am | Open Gym 7:00-9:00am |
| 7:30am | | | | | | Rowing | |
| 8:30am | CrossFit | CrossFit | CrossFit | CrossFit | CrossFit | Partner CrossFit | |
| 9:00am | | | | | | | Mobility |
| 9:30am | ROM WOD | | | | ROM WOD | Bootcamp | |
| 12:00p | Bootcamp | | Bootcamp | | Bootcamp | | |
| 4:30pm | Kids Speed & Strength | | Kids Speed & Strength | | Kids Speed & Strength | | |
| 5:30pm | Bootcamp | CrossFit | Bootcamp | CrossFit | Bootcamp | | |
| 6:30pm | CrossFit | | CrossFit | | Barbell Club | | |

Personal Training by appointment only

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