



Revised 09/01/2020

						TIME	SAT	SUN
5:15 AM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		8:30 AM	CROSSFIT	
Afternoon	MON	TUE	WED	THUR	FRI			
4:30 PM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT			
6:00 PM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT				

CrossFit: One hour CrossFit class that incorporates gymnastics, Olympic weight lifting, kettle bells and metabolic conditioning. This high intensity class is scalable to any fitness or skill level.