

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
6am	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
7am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
8am	CrossFit Masters	CrossFit Masters	CrossFit Masters	CrossFit Masters	CrossFit Masters	8:30am CrossFit	8:30am CrossFit
9:15am	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	9:30am CrossFit	9:30am CrossFit Yoga - Must have 5minimum reserved
Noon	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
3:15pm	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
4:15:pm	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
5:15pm	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
6:15pm	CrossFit	Weightlifting 6:15 - 7:45	CrossFit	Weightlifting 6:15 - 7:45			
7:15pm							