

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM		CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
10:00 AM							CROSSFIT
11:00 AM	CROSSFIT						CROSSFIT
12:00 PM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	MOBILITY
4:00 PM		CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
5:00 PM		CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
6:00 PM		CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
7:00 PM		<i>FUNDAMENTALS</i>	<i>OLYMPIC LIFTING</i>	<i>FUNDAMENTALS</i>		<i>FUNDAMENTALS</i>	
		<i>(PRE-REGISTERED)</i>	7-9PM	<i>(PRE-REGISTERED)</i>		<i>(PRE-REGISTERED)</i>	
	KIDS CLASSES	SATURDAY		HOLIDAY HOURS	10:00 AM		
	AGES 10-14	8:45 - 9:30 AM		(STAT HOLIDAYS)	11:00 AM		
	AGES 5-9	9:30 - 10:00 AM					
PLEASE ALWAYS CHECK THE MINDBODY SCHEDULE FOR THE MOST UP-TO-DATE SCHEDULE AND CLASS CANCELLATIONS							