

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00	CROSSFIT CLASS	CROSSFIT CLASS	ENGINE	CROSSFIT CLASS	CROSSFIT CLASS		
06:30							
07:00	CROSSFIT CLASS	CROSSFIT CLASS	ENGINE	CROSSFIT CLASS	CROSSFIT CLASS		
07:30							
08:00	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		
08:30							
09:00							
09:30							
10:00							
10:30		SILVER STRENGTH		SILVER STRENGTH			
11:00							
11:30							
12:00							
12:30	CROSSFIT CLASS	CROSSFIT CLASS	ENGINE	CROSSFIT CLASS	CROSSFIT CLASS		
13:00							
13:30							
14:00							
14:30							
15:00							
15:30							
16:00							
16:30	LIFT OFF	PARATUS KIDS	LIFT OFF		LIFT OFF		
17:00							
17:30	CROSSFIT CLASS	CROSSFIT CLASS	ENGINE	CROSSFIT CLASS	LIFT OFF		
18:00							
18:30	CROSSFIT CLASS	CROSSFIT CLASS	ENGINE	BIGNASTICS			
19:00							
19:30		INTRO TO CROSSFIT					
20:00							