TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY CLOSED
5-6AM	CROSSFIT CLASS	CROSSFIT CLASS	CROSSFIT CLASS	SHRED	CROSSFIT CLASS	6AM CIRCUIT 30	
6-7AM	CROSSFIT CLASS	SHRED	CROSSFIT CLASS	CROSSFIT CLASS	CROSSFIT CLASS	7AM CROSSFIT	
9:30-10:30AM	CROSSFIT CLASS	CROSSFIT CLASS	CROSSFIT CLASS	SHRED	CROSSFIT CLASS		
10:45-11:30AM		AGING STRONG			AGING STRONG		
4-6PM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		
5-6PM	CIRCUIT 30	SHRED	KB CLASS	OLYMPIC LIFTING	GYMNASTICS SKILLS		
6-7PM	CROSSFIT CLASS	CROSSFIT CLASS	CROSSFIT CLASS	CROSSFIT CLASS	CROSSFIT CLASS		