

Sept 2025



Schedule subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 CLOSED	2 6am HYROX 12 pm HYROX 515 pm HYROX	3 6 am CROSSFIT 12 pm CROSSFIT 2pm - 5pm OPEN GYM 515pm CROSSFIT	4 6am HYROX/OPEN GYM 12pm HYROX/OPEN GYM 515pm HYROX/OPEN GYM	5 6 am CROSSFIT 12 pm CROSSFIT 2pm - 5pm OPEN GYM	6 9am CROSSFIT
7 CLOSED	8 6 am CROSSFIT 9 am - 12 pm OPEN GYM 12 pm CROSSFIT 515pm CROSSFIT	9 6am HYROX 12 pm HYROX 515 pm HYROX	10 6 am CROSSFIT 12 pm CROSSFIT 2pm - 5pm OPEN GYM 515pm CROSSFIT	11 6am HYROX/OPEN GYM 12pm HYROX/OPEN GYM 515pm HYROX/OPEN GYM	12 6 am CROSSFIT 12 pm CROSSFIT 2pm - 5pm OPEN GYM	13 9am CROSSFIT
14 CLOSED	15 6 am CROSSFIT 9 am - 12 pm OPEN GYM 12 pm CROSSFIT 515pm CROSSFIT	16 6am HYROX 12 pm HYROX 515 pm HYROX	17 6 am CROSSFIT 12 pm CROSSFIT 2pm - 5pm OPEN GYM 515pm CROSSFIT	18 6am HYROX/OPEN GYM 12pm HYROX/OPEN GYM 515pm HYROX/OPEN GYM	19 6 am CROSSFIT 12 pm CROSSFIT 2pm - 5pm OPEN GYM	20 9am CROSSFIT
21 CLOSED	22 6 am CROSSFIT 9 am - 12 pm OPEN GYM 12 pm CROSSFIT 515pm CROSSFIT	23 6am HYROX 12 pm HYROX 515 pm HYROX	24 6 am CROSSFIT 12 pm CROSSFIT 2pm - 5pm OPEN GYM 515pm CROSSFIT	25 6am HYROX/OPEN GYM 12pm HYROX/OPEN GYM 515pm HYROX/OPEN GYM	26 6 am CROSSFIT 12 pm CROSSFIT 2pm - 5pm OPEN GYM	27 9am CROSSFIT
28 CLOSED	29 6 am CROSSFIT 9 am - 12 pm OPEN GYM 12 pm CROSSFIT 515pm CROSSFIT	30 6am HYROX 12 pm HYROX 515 pm HYROX				