

April 2025



Schedule subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 6 am CROSSFIT 515pm CROSSFIT	2 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT	3 6am SWEAT SESH 515 SWEAT SESH	4 6 am CROSSFIT 12 pm CROSSFIT	5 9 am CROSSFIT Community Led
6 CLOSED	7 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT	8 6 am CROSSFIT 515pm CROSSFIT	9 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT	10 6am SWEAT SESH 12pm HYROX STYLE 515 SWEAT SESH	11 6 am CROSSFIT 12 pm CROSSFIT	12 9 am CROSSFIT
13 CLOSED	14 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT	15 6 am CROSSFIT 515pm CROSSFIT	16 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT	17 6am SWEAT SESH 515 SWEAT SESH	18 CLOSED	19 9 am - 10:30am CROSSFIT WOD + MEMBERS EASTER EGG HUNT
20 CLOSED	21 CLOSED	22 6 am CROSSFIT 515pm CROSSFIT	23 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT	24 6am HYROX STYLE 5:15 HYROX STYLE	25 6 am CROSSFIT 12 pm CROSSFIT	26 9 am CROSSFIT Community Led
27 CLOSED	28 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT	29 6 am CROSSFIT 515pm CROSSFIT	30 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT			