

# Aug 2025



Schedule subject to change

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