

Schedule subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 CLOSED	6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT	2 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT	3 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT	4 6 am CROSSFIT 9am - 2pm OPEN GYM 515pm CROSSFIT 630pm PRIVATE TEAM TRAINING	5 6am - 6pm OPEN GYM 630pm PRIVATE TRAINING	6 6 am CROSSFIT 12 pm CROSSFIT	7 9am HYROX DOUBLES
8 CLOSED	6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT	9 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT	10 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT	11 6 am CROSSFIT 9am - 2pm OPEN GYM 515pm CROSSFIT 630pm PRIVATE TEAM TRAINING	12 6am - 6pm OPEN GYM 630pm PRIVATE TRAINING	13 6 am CROSSFIT 12 pm CROSSFIT	14 9am HYROX DOUBLES
15 CLOSED	CLOSED	16 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT	17 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT	18 6 am CROSSFIT 9am - 2pm OPEN GYM 515pm CROSSFIT 630pm PRIVATE TEAM TRAINING	19 6am - 6pm OPEN GYM 630pm PRIVATE TRAINING	20 6 am CROSSFIT 12 pm CROSSFIT	21 9am HYROX DOUBLES
22 CLOSED	6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT	23 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT	24 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT	25 6 am CROSSFIT 9am - 2pm OPEN GYM 515pm CROSSFIT 630pm PRIVATE TEAM TRAINING	26 6am - 10am OPEN GYM 4pm CF OPEN THURS NIGHT LIGHTS 630pm PRIVATE TRAINING	27 6 am CROSSFIT 12 pm CROSSFIT	28 9am HYROX DOUBLES