

June 2025



Schedule subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CLOSED	2 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT 615pm MOBILITY MONDAY	3 6am HYROX/LIFT 12 pm HYROX / LIFT 515 pm HYROX/ LIFT	4 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT	5 6am OPEN GYM+ 12 pm OPEN GYM+ 515 pm OPEN GYM+	6 6 am CROSSFIT 12 pm CROSSFIT	7 9am CROSSFIT
8 CLOSED	9 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT	10 6am HYROX/LIFT 12 pm HYROX / LIFT 515 pm HYROX/ LIFT	11 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT	12 6am OPEN GYM+ 12 pm OPEN GYM+ 515 pm OPEN GYM+	13 6 am CROSSFIT 12 pm CROSSFIT 6:30pm BARBELLS & BEVVIES	14 9 am CROSSFIT Community Led
15 CLOSED	16 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT 615pm MOBILITY MONDAY	17 6am HYROX 12 pm HYROX 515 pm HYROX	18 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT	19 6am OPEN GYM+ 12 pm OPEN GYM+ 515 pm OPEN GYM+	20 6 am CROSSFIT 12 pm CROSSFIT	21 9am CROSSFIT
22 CLOSED	23 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT	24 6am HYROX 12 pm HYROX 515 pm HYROX	25 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT	26 6am OPEN GYM+ 12 pm OPEN GYM+ 515 pm OPEN GYM+	27 6 am CROSSFIT 12 pm CROSSFIT	28 6 am CROSSFIT 12 pm CROSSFIT
29 MEMBERS, FRIENDS & FAMILY CANADA DAY PARTY	30 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT 615pm MOBILITY MONDAY					