

July 2025



Schedule subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 CLOSED	2 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT	3 6am HYROX/OPEN GYM 12pm HYROX/OPEN GYM 515pm HYROX/OPEN GYM	4 6 am CROSSFIT 12 pm CROSSFIT	5 9am CROSSFIT
6 CLOSED	7 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT	8 6am HYROX 12 pm HYROX 515 pm HYROX	9 6 am CROSSFIT 12pm CROSSFIT COMMUNITY WOD 515pm CROSSFIT	10 6am HYROX/OPEN GYM 12pm HYROX/OPEN GYM 515pm HYROX/OPEN GYM	11 6 am CROSSFIT 12 pm CROSSFIT	12 9am CROSSFIT
13 CLOSED	14 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT	15 6am HYROX 12 pm HYROX 515 pm HYROX	16 6 am CROSSFIT 12pm CROSSFIT COMMUNITY WOD 515pm CROSSFIT	17 6am HYROX/OPEN GYM 12pm HYROX/OPEN GYM 515pm HYROX/OPEN GYM	18 6 am CROSSFIT 12 pm CROSSFIT	19 9am CROSSFIT
20 CLOSED	21 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT COMMUNITY WOD	22 6am HYROX 12 pm HYROX 515 pm HYROX	23 6 am CROSSFIT 12pm CROSSFIT COMMUNITY WOD 515pm CROSSFIT	24 6am HYROX/OPEN GYM 12pm HYROX/OPEN GYM 515pm HYROX/OPEN GYM	25 6 am CROSSFIT 12 pm CROSSFIT	26 9am CROSSFIT
27 CLOSED	28 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT	29 6am HYROX 12 pm HYROX 515 pm HYROX	30 6 am CROSSFIT 12pm CROSSFIT COMMUNITY WOD 515pm CROSSFIT	31 6am HYROX/OPEN GYM 12pm HYROX/OPEN GYM 515pm HYROX/OPEN GYM		