

Mar 2025



Schedule subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9 am CROSSFIT Community Led
2 10 am OPEN GYM	3 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT	4 6am Community Led SWEAT SESH 515 pm Community Led SWEAT SESH	5 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT	6 5:15 pm OPEN GYM	7 CF OPEN 25.2 6 am CROSSFIT 12 pm CROSSFIT *515 pm CROSSFIT *FRIDAY NIGHT LIGHTS	8 9 am CROSSFIT Community Led
9 10 am OPEN GYM	10 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT	11 6am Community Led SWEAT SESH 515 pm Community Led SWEAT SESH	12 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT	13 515 pm OPEN GYM	14 CF OPEN 25.3 6 am CROSSFIT 12 pm CROSSFIT *515 pm CROSSFIT *FRIDAY NIGHT LIGHTS	15 9 am CROSSFIT
16 CLOSED	17 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT	18 6 am CROSSFIT 515 pm CROSSFIT	19 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT	20 6am Community Led SWEAT SESH 515 pm Community Led SWEAT SESH	21 6 am CROSSFIT 12 pm CROSSFIT	22 9 am CROSSFIT
23 CLOSED	24 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT	25 6 am CROSSFIT 515 pm CROSSFIT	26 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT	27 6am Community Led SWEAT SESH 515 pm Community Led SWEAT SESH	28 6 am CROSSFIT 12 pm CROSSFIT	29 9 am CROSSFIT
30	31					
9 am HYROX STYLE						