



# Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am	Challenge CrossFit		Challenge CrossFit		Challenge CrossFit	
9:30am	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	Free CrossFit to members
4:30pm	CrossFit	CrossFit	CrossFit	CrossFit		
5:00pm					CrossFit -30	
5:30pm	CrossFit	CrossFit	CrossFit	CrossFit		
6:30pm	CrossFit -30	CrossFit -30	CrossFit -30	CrossFit -30		

Hours of Operation Class Descriptions on Back

revised 2/14/25

409.293.3637  
2825 Nall St. Pt. Neches



## KID'S CLUB HOURS OF OPERATION

Monday through Friday

8:00am to 12:15pm

4:00pm to 8:30pm

Saturday - 9am to noon

Sunday - Closed

## Challenge CrossFit

*This class is for all skill levels and age levels above 13. Focusing on new participants and incorporating beginner movements where necessary. This allows for a committed participant to obtain measurable, observable, and repeatable results even as a new CrossFit Member*

*CrossFit consists of varied functional movements performed at an individual's high intensity level. This level will change as the participant becomes proficient at the movements. Classes are performed in a Group Setting led by educated, caring and inspirational Coaches.*

## POWERHOUSE GYM HOURS OF OPERATION

Monday through Wednesday

4:00am to Midnight

Thursday

4:00am to 11pm

Friday

4:00am to 9:00pm

Saturday

7:00am to 9:00pm

Sunday

8:00am to 7:00pm

## CrossFit

*CrossFit consists of varied functional movements performed at an individual's high intensity level. This level will change as the participant becomes proficient at the movements. Classes are performed in a Group Setting led by educated, caring and inspirational Coaches.*

*This program is for all skill levels and age levels above 13. Our Classes are designed for universal scalability which allows any committed participant to obtain measurable, observable, and repeatable results*

## CrossFit 30

*CrossFit class is 30 minutes and consists of varied functional movements performed at an individual's high intensity level. This level will change as the participant becomes proficient at the movements. Classes are performed in a Group Setting led by educated, caring and inspirational Coaches.*

*This program is for all skill levels and age levels above 13. Our Classes are designed for universal scalability which allows any committed participant to obtain measurable, observable, and repeatable results*