

GYM CLASS SCHEDULE

5 :30 AM MONDAY
8:00 AM
4:30 PM
6:00 PM

CROSSFIT

5:30 AM TUESDAY
4:30 PM
6:00 PM

CROSSFIT

5 :30 AM WEDNESDAY
8:00 AM
4:30 PM
6:00 PM

CROSSFIT

5:30 AM THURSDAY
4:30 PM
6:00 PM

CROSSFIT

5:30 AM FRIDAY
4:30 PM

CROSSFIT

8:00 AM SATURDAY

CROSSFIT