

## CROSSFIT

	Mon	TUE	WED	THU	FRI	SAT	Sun
<b>Morning</b>							
<b>6 am- 7 am</b>	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
<b>7 am-8 am</b>	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
<b>8 am- 9 am</b>	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
<b>Eve</b>							
<b>6:30 pm- 7:30 pm</b>	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
<b>7:30 Pm - 8:30 pm</b>	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		

## GYMNASTICS

	MON	TUE	WED	THU	FRI	SAT	SUN
<b>9:30 am- 11 am</b>						Gymnastics (Adults)	Gymnastics(Adults)
<b>11:00 am- 12:00 am</b>						Gymnastics (Kids)	Gymnastics (Kids)
<b>4:30 pm- 5:30 pm</b>					Gymnastics (Kids)		
<b>5:30 pm - 6:30 Pm</b>					Gymnastics (Kids)		