

	MON	TUE	WED	THU	FRI	SAT	SUN
6AM	6.30-7.30am CrossFit	6.30-7.30am CrossFit	6.30-7.30am CrossFit	6.30-7.30am CrossFit	6.30-7.30am CrossFit		
7AM						7.30-8.30am CrossFit	
8AM	7.45-8.45am CrossFit	7.45-8.45am CrossFit	7.45-8.45am CrossFit	7.45-8.45am CrossFit	7.45-8.45am CrossFit		
9AM						8.45am-9.45am CrossFit	
10AM	9.30-10.30am CrossFit	9.30-10.30am CrossFit	9.30-10.30am CrossFit	9.30-10.30am CrossFit	9.30-10.30am CrossFit	10-11am CrossFit	9.30-12.30pm Open Gym
11AM	11-12pm Aerobic Capacity	11-12pm Gymnastics	11-12pm Olympic Lifting	11-12pm Aerobic Capacity	11-12pm Olympic Lifting	11-12pm Olympic Lifting	11.15-12.15pm Aerobic Capacity
12PM	12.15-1.15pm CrossFit	12.15-1.15pm CrossFit	12.15-1.15pm CrossFit	12.15-1.15pm CrossFit	12.15-1.15pm CrossFit	12.30-1.15pm CrossFit Teens	
1PM							
2PM							
3PM							
4PM		4-4.45pm CrossFit Teens	4-4.45pm CrossFit Kids	4-4.45pm CrossFit Juniors			
5PM	5-6pm CrossFit	5-6pm CrossFit	5-6pm CrossFit	5-6pm CrossFit	5-6pm CrossFit		
6PM	6.15-7.15pm CrossFit	6.15-7.15pm Olympic Lifting	6.15-7.15pm Aerobic Capacity	6.15-7.15pm Gymnastics	6.15-7.15pm CrossFit		
7PM							
8PM	7.30-8.30pm CrossFit	7.30-8.30pm CrossFit	7.30-8.30pm CrossFit & Tasters	7.30-8.30pm CrossFit			