

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Personal Training	CrossFit Class	Personal Training	CrossFit Class	Personal Training		
7:30 AM							
8:30 AM						CrossFit Class	
9:30 AM						CrossFit Class	
10:00 AM							
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM							
5:30 PM	CrossFit Class		CrossFit Class	CrossFit Class			
6:30 PM	CrossFit Class	CrossFit Class	CrossFit Class	CrossFit Class			
7:00 PM				Injury Rehab Class			