



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					10:00AM CrossFit Class	10:00AM CrossFit Class
					11:00AM CrossFit Class	
					12:00PM Wellness Class	
12:30PM CrossFit Class	12:30PM CrossFit Class	12:30PM CrossFit Class	12:30PM CrossFit Class	12:30PM CrossFit Class	12:00PM Barbell Class	12:00PM Barbell Class
					1:00PM CrossFit Class	1:00PM CrossFit Class
2:00PM-6:00PM Open Gym ⁽¹⁾⁽²⁾	2:00PM -6:00PM Open Gym ⁽¹⁾⁽²⁾	2:00PM -6:00PM Open Gym ⁽¹⁾⁽²⁾	2:00PM -6:00PM Open Gym ⁽¹⁾⁽²⁾	2:00PM-6:00PM Open Gym ⁽¹⁾⁽²⁾	2:00PM-6:00PM Open Gym ⁽¹⁾⁽²⁾	2:00PM-6:00PM Open Gym ⁽¹⁾⁽²⁾
				2:30PM KidsFit		2:30PM KidsFit
	7:00pm Barbell Class		7:00pm Barbell Class			
7:00PM Yoga Group Class – Eva Relaxing Stretch. All levels.	7:00PM Yoga Group Class - Mandy Hatha 1. All levels.	7:00PM Yoga Group Class - Mandy Core & Inversion. <u>Beginners & Intermediate.</u>	7:00PM Yoga Group Class - Rico Yoga for Abs, Butts & Thighs All levels.	7:00PM Yoga Group Class - Eva Deep Stretch. Relaxing mind & body. All levels.		
7:00PM CrossFit Class	7:00PM CrossFit Class	7:00PM CrossFit Class	7:00PM CrossFit Class	7:00PM CrossFit Class		
8:00PM CrossFit Class	8:00PM CrossFit Class	8:00PM CrossFit Class	8:00PM CrossFit Class	8:00PM CrossFit Class		

(1) Book or Cancel 24-hour in advance

(2) Limit to 2 hours per booking. Max. 3 members per session.