



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

| | | | | | | |
|--|---|---|--|--|--|--|
| | | | | | 10:00AM CrossFit Class | 10:00AM CrossFit Class |
| | | | | | 11:00AM CrossFit Class | |
| 12:30PM CrossFit Class | 12:30PM CrossFit Class | 12:30PM CrossFit Class | 12:30PM CrossFit Class | 12:30PM CrossFit Class | 12:00NN Wellness Class | |
| | | | | | 1:00PM Advanced CrossFit Class | 1:00PM CrossFit Class |
| 2:00PM-6:00PM Open Gym ⁽¹⁾ | 2:00PM -6:00PM Open Gym ⁽¹⁾ | 2:00PM -6:00PM Open Gym ⁽¹⁾ | 2:00PM -6:00PM Open Gym ⁽¹⁾ | 2:00PM-6:00PM Open Gym ⁽¹⁾ | 2:00PM-6:00PM Open Gym ⁽¹⁾ | 2:00PM-6:00PM Open Gym ⁽¹⁾ |
| | | | | 5:00PM CrossFit Kids & Teens | | 2:30PM CrossFit Kids & Teens |
| 6:30PM CrossFit Class | 6:30PM CrossFit Class | 6:30PM CrossFit Class | 6:30PM CrossFit Class | 6:30PM CrossFit Class | | |
| 7:00PM Yoga Group Class – Rico Full Body Yoga Flow. All levels. | | | 6:30PM Stretching & strengthening exercises for body balance - Mandy All levels. | | | |
| 7:30PM CrossFit Class | 7:30PM CrossFit Class | 7:30PM CrossFit Class | 7:30PM CrossFit Class | 7:30PM CrossFit Class | | |

(1) Book or Cancel 24-hour in advance

*LRCF / CFPE reserve the right to amend the above without prior notice. In the event of any dispute, the decision of the company shall be final.