



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	<i>12:00NN Wellness Class</i>	
					1:00PM CrossFit Class	1:00PM HYX 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⁾
				<i>5:00PM CrossFit Kids & Teens</i>		
6:30PM CrossFit Class	6:30PM CrossFit Class	6:30PM CrossFit Class	6:30PM CrossFit Class	6:30PM CrossFit Class		
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.