



## CLASS SCHEDULE

MONDAY		
TIME	CLASS	SEATS AVAILABLE
5:00 - 6:00 AM	CrossFit	14
6:00 - 7:00 AM	CrossFit	14
7:30 - 8:30 AM	CrossFit	14
9:00 - 10:00 AM	CrossFit	14
12:15 - 1:15 PM	CrossFit	14
4:30 - 5:30 PM	CrossFit	14
5:30 - 6:30 PM	CrossFit	14
6:30 - 7:30 PM	CrossFit	14

TUESDAY		
TIME	CLASS	SEATS AVAILABLE
5:00 - 6:00 AM	CrossFit	14
6:00 - 7:00 AM	CrossFit	14
7:30 - 8:30 AM	CrossFit	14
9:00 - 10:00 AM	CrossFit Women	14
12:15 - 1:15 PM	CrossFit	14
5:30 - 6:30 PM	CrossFit	14
6:30 - 7:30 PM	CrossFit	14

WEDNESDAY		
TIME	CLASS	SEATS AVAILABLE
5:00 - 6:00 AM	CrossFit	14
6:00 - 7:00 AM	CrossFit	14
7:30 - 8:30 AM	CrossFit	14
9:00 - 10:00 AM	CrossFit	14
12:15 - 1:15 PM	CrossFit	14
4:30 - 5:30 PM	CrossFit	14
5:30 - 6:30 PM	CrossFit	14
6:30 - 7:30 PM	CrossFit	14

THURSDAY		
TIME	CLASS	SEATS AVAILABLE
5:00 - 6:00 AM	CrossFit	14
6:00 - 7:00 AM	CrossFit	14
7:30 - 8:30 AM	CrossFit	14
9:00 - 10:00 AM	CrossFit Women	14
12:15 - 1:15 PM	CrossFit	14
5:30 - 6:30 PM	CrossFit	14
6:30 - 7:30 PM	CrossFit	14

FRIDAY		
TIME	CLASS	SEATS AVAILABLE
5:00 - 6:00 AM	CrossFit	14
6:00 - 7:00 AM	CrossFit	14
7:30 - 8:30 AM	CrossFit	14
9:00 - 10:00 AM	CrossFit	14
12:15 - 1:15 PM	CrossFit	14
4:30 - 5:30 PM	CrossFit	14
5:30 - 6:30 PM	CrossFit	14

SATURDAY		
TIME	CLASS	SEATS AVAILABLE
CLOSED		
9:30 - 10:30 AM	CrossFit	14
10:30 - 11:30 AM	CrossFit	14
11:30 - 12:30 AM	CrossFit	14
CLOSED		