

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Time	Friday	Saturday
6:00 am	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	8:00 am	CrossFit	CrossFit
7:00 am	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	9:00 am	CrossFit	CrossFit
8:30 am	CrossFit / Ignite	CrossFit / Ignite	CrossFit / Ignite	CrossFit / Ignite	CrossFit / Ignite	10:00 am	CrossFit	CrossFit
9:30 am	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	11:00 am	Closed	Teens/PreTeens
10:30 AM - 4:00 PM	Off Peak (Open Gym)					12:15 pm		Kids
4:00 pm	Teens/PreTeens	4:15 Kids	Teens/PreTeens	Teens/PreTeens	CrossFit	1:00 pm		Off Peak
5:00 pm	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	4:00 pm		
6:00 pm	CrossFit / Ignite	CrossFit / Ignite	CrossFit / Ignite	CrossFit / Ignite	CrossFit / Ignite	5:00 pm		CrossFit
7:00 pm	CrossFit / Ignite	CrossFit / Ignite	CrossFit / Ignite	CrossFit / Ignite	CrossFit / Ignite	6:00 pm		CrossFit
8:00 pm	CrossFit	CrossFit	CrossFit	CrossFit	Closed			