Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 AM	5:30 CrossFit	5:30 CrossFit	5:30 CrossFit	5:30 CrossFit	5:30 CrossFit	5:00 AM
6:00 AM						6:00 AM
7:00 AM	7:00 AM	7:00 AM	7:00 AM	7:00 AM	7:00 AM	7:30 FlashFit
8:00 AM	8:00 FlashFit	8:00 AM	8:00 FlashFit	8:00 AM	8:00 FlashFit	8:00 CrossFit Kids 7-12
						8:45 CrossFit Kids 3-6
9:00 AM	9:00 AM	9:00 AM	9:00 AM	9:00 AM	9:00 AM	9:30 CrossFit
10:00 AM	10:00 AM	10:00 AM	10:00 AM	10:00 AM	10:00 AM	10:30 Open Gym / 10:30 Endurance
11:00 AM	11:00 AM	11:00 AM	11:00 AM	11:00 AM	11:00 AM	
	11:45 CrossFit	11:45 CrossFit	11:45 CrossFit	11:45 CrossFit	11:45 CrossFit	
12:00 PM						
1:00 PM	1:00 PM	1:00 PM	1:00 PM	1:00 PM	1:00 PM	1:00 PM
2:00 PM	2:30 Open Gym	2:30 Open Gym	2:30 Open Gym	2:30 Open Gym	2:30 Open Gym	2:00 PM
3:00 PM						3:00 PM
4:00 PM	4:00 CrossFit	4:00 CrossFit	4:00 CrossFit	4:00 CrossFit	4:00 CrossFit	4:00 PM
5:00 PM	5:00 FlashFit	5:15 CrossFit Kids 3-6	5:00 FlashFit		5:00 FlashFit	5:00 PM
	5:30 CrossFit	5:40 CrossFit Kids 7-12	5:30 CrossFit	5:30 CrossFit	5:30 CrossFit	
6:00 PM	6:30 CrossFit	6:30 CrossFit	6:30 CrossFit	6:30 CrossFit		6:00 PM
7:00 PM					7:00 PM	7:00 PM
8:00 PM	8:00 PM	8:00 PM	8:00 PM	8:00 PM	8:00 PM	8:00 PM