

SCHEDULE



MONDAY

6am
CF Class

7:15am
Open Gym

9:15am
CF Class

10:30am
Open Gym

5pm
Open Gym

6:30pm
CF Class

TUESDAY

6am
CF Class

7:15am
Open Gym

9:15am
CF Class

10:30am
Open Gym

5pm
Open Gym

6:30pm
CF Class

WEDNESDAY

6am
CF Class

7:15am
Open Gym

9:15am
CF Class

10:30am
Open Gym

5pm
Open Gym

6:30pm
CF Class

THURSDAY

6am
CF Class

7:15am
Open Gym

9:15am
CF Class

10:30am
Open Gym

5pm
Open Gym

6:30pm
CF Class

FRIDAY

6am
CF Class

7:15am
Open Gym

9:15am
CF Class

10:30am
Open Gym

5:15pm
CF Class

SATURDAY

8:30am
Partner WOD

9:30am
Open Gym

SUNDAY

9:00am
Open Gym

10:00am
Active Recovery

Lifting platforms are also available to members at all class and open gym times