

# SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6am	6am	6am	6am	6am		
7:15am Open Gym	7:15am Open Gym	7:15am Open Gym	7:15am Open Gym	7:15am Open Gym		
					8:30am Partner WOD	9:00am Open Gym
9:15am	9:15am	9:15am	9:15am	9:15am	9:30am Open Gym	10:00am Active Recovery
10:30am Open Gym	10:30am Open Gym	10:30am Open Gym	10:30am Open Gym	10:30am Open Gym		
5pm Open Gym	5pm Open Gym	5pm Open Gym	5pm Open Gym	5pm Open Gym		
6:30pm	Private Session 7:30pm	6:30pm	6:30pm	6:30pm		

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