|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Main Gym Schedule | | | | | | | |
|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| 6:00 | WOD | WOD | WOD | WOD | WOD |  |  |
| 9:30 | WOD | WOD | WOD | WOD | WOD | WOD  8:30 & 9:30 |  |
| 10:30 | WOD | WOD | WOD | WOD | WOD | Open Gym  10:00 - 12:00 | Open Gym  10:00 - 12:00 |
| 11:30 | WOD | WOD | WOD | WOD | WOD |
|  |  |  |  |  |  |  |  |
| 3:30 | WOD | WOD | WOD | WOD | WOD |  |  |
| 4:30 | WOD | WOD | WOD | WOD | WOD |  |  |
| 5:30 | WOD | WOD | WOD | WOD &  Teen Class | WOD |  |  |
| 6:30 | WOD | WOD | WOD | WOD | WOD |  |  |

**Childcare provided: 9:30am Monday-Friday**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Specialty Side | | | | | | | |
|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| 5:15 - 6:00 | Strength / Endurance / CrossFit Sport | CrossFit Sport | Strength / Endurance / CrossFit Sport | CrossFit Sport | Strength / Endurance / CrossFit Sport |  |  |
| 6:00 - 7:00 | WOD | WOD | WOD | WOD | WOD |  |  |
| 9:30 - 10:30 | WOD | WOD | WOD | WOD | WOD | 8:30 - 9:30 CrossFit Sport | 9:00- Yoga |
| 10:30 -11:30 | Strength / Endurance / CrossFit Sport | CrossFit Sport | Strength / Endurance / CrossFit Sport | CrossFit Sport | Strength / Endurance / CrossFit Sport | 9:30 -12:00  Open Gym | 10:00 - 12:00  Open Gym |
| 11:30 - 12:30 | Open Gym | Open Gym | Open Gym | Open Gym | Open Gym |  |  |
| 3:30 | Open Gym | Open Gym | Open Gym | Open Gym | Open Gym |  |  |
| 4:30 | Strength / Endurance / CrossFit Sport | CrossFit Sport | Strength / Endurance / CrossFit Sport | CrossFit Sport | Strength / Endurance / CrossFit Sport |  |  |
| 5:30 | Strength / Endurance / CrossFit Sport | Teen Class | Strength / Endurance / CrossFit Sport | Yoga | Strength / Endurance / CrossFit Sport |  |  |
| 6:30 | Open Gym | Open Gym | Open Gym | Open Gym | Open Gym |  |  |