|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Main Gym Schedule | | | | | | | |
|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| 6:00 | WOD | WOD | WOD | WOD | WOD |  |  |
| 8:30 | WOD | Gymnastics  WOD | WOD | - | WOD | WOD  8:30 - 10:00 |  |
| 9:30 | WOD | WOD | WOD | WOD | WOD |  | 10:00- Olympic Lifting |
| 11:00 | WOD | WOD | WOD | WOD | WOD | Open Gym  10:00 - 12:00 | Open Gym  10:00 - 12:00 |
| 3:30 | WOD | WOD | WOD | WOD | WOD |  |  |
| 4:30 | WOD | WOD | WOD | WOD | WOD |  |  |
| 5:30 | WOD | WOD | WOD | Yoga  \*No WOD | WOD |  |  |
| 6:30 | WOD /  On-Ramp | WOD /  Olympic Lifting | WOD /  On-Ramp | WOD /  Gymnastics WOD | WOD /  On-Ramp /  Olympic Lifting |  |  |

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

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