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| Main Gym Schedule |
|  | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| 6:00 | WOD | WOD | WOD | WOD | WOD |  |  |
| 8:30 | WOD | Gymnastics WOD | WOD | - | WOD | WOD8:30 - 10:00 |  |
| 9:30 | WOD | WOD | WOD | WOD | WOD |  | 10:00- Olympic Lifting |
| 11:00 | WOD | WOD | WOD | WOD | WOD | Open Gym10:00 - 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**

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| 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 Gym10:00- Teen Class11-12 Open Gym  | 9:00- Yoga 10:00 - 12:00Open 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  |  |  |