



	MON	TUE	WED	THU	FRI	SAT	SUN
4:45AM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
6AM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
7:15AM							
9AM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	OPEN GYM
10:15AM	OPEN GYM		OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	
11AM	SENIOR BARBELL CLUB		SENIOR BARBELL CLUB		SENIOR BARBELL CLUB		
12PM	CROSSFIT		CROSSFIT		CROSSFIT		
1:15PM							
4:30PM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
5:45PM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
7PM							

Schedule effective June 19th, 2019.

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