



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15-6:15 am CrossFit	5:15-6:15 am CrossFit	5:15-6:15 am CrossFit	5:15-6:15 am CrossFit	5:15-6:15 am CrossFit	8:00-9:00 am Engine Builder	9:00-10:00 am Vitality 55+
6:30-7:30 am CrossFit	6:30-7:30 am CrossFit	6:30-7:30 am CrossFit	6:30-7:30 am CrossFit	6:30-7:30 am CrossFit	9:00-10:00 am CrossFit	10:00-11:00 am Open Room
9:15-10:15 am CrossFit	9:15-10:15 am CrossFit	9:15-10:15 am CrossFit	9:15-10:15 am CrossFit	9:15-10:15 am CrossFit		
12:00-1:00 pm CrossFit	12:00-1:00 pm CrossFit	12:00-1:00 pm CrossFit	12:00-1:00 pm CrossFit	12:00-1:00 pm CrossFit		
4:00-5:30 pm Open Room	4:00-5:30 pm Open Room	4:00-5:30 pm Open Room	4:00-5:30 pm Open Room	4:00-5:30 pm Open Room		
5:30-6:30 pm CrossFit	5:30-6:30 pm CrossFit	5:30-6:30 pm CrossFit	5:30-6:30 pm CrossFit			
	6:30-7:30 p.m. CrossFit Kids		6:30-7:30 p.m. CrossFit Kids			