

	Mon, 4th	Tue, 5th	Wed, 6th	Thu, 7th	Fri, 8th	Sat, 9th	Sun, 10th
5:00						Closed	Closed
6:00	6:00 - 7:00 Open Gym (0/9)	6:00 - 7:00 CrossFit Early Bird (0/12)	6:00 - 7:00 Open Gym (0/9)	6:00 - 7:00 CrossFit Early Bird (0/12)	6:00 - 7:00 Open Gym (0/9)	6:00 - 7:00 CrossFit Early Bird (0/12)	
7:00	7:00 - 8:00 Open Gym (0/9)	7:00 - 8:00 CrossFit Early Bird (0/12)	7:00 - 8:00 CrossFit Early Bird (0/12)	7:00 - 8:00 Open Gym (0/9)	7:00 - 8:00 CrossFit Early Bird (0/12)	7:00 - 8:00 Open Gym (0/9)	
8:00	8:00 - 9:00 CrossFit Early Bird (0/12)	8:00 - 9:00 Open Gym- SMALL TRAINING AREA	8:00 - 9:00 CrossFit Early Bird (0/12)	8:00 - 9:00 CrossFit Early Bird (0/12)	8:00 - 9:00 CrossFit Early Bird (0/12)	8:00 - 9:00 Open Gym- SMALL TRAINING AREA	
9:00	9:00 - 12:00 Open Gym + (0/12)	9:00 - 12:00 Open Gym + (0/12)	9:00 - 12:00 Open Gym + (0/12)	9:00 - 12:00 Open Gym + (0/12)	9:00 - 12:00 Open Gym + (0/12)	9:00 - 12:00 Open Gym + (0/12)	
10:00						10:00 - 10:00 CrossFit (0/12)	9:00 - 10:00 Open Gym- SMALL TRAINING AREA
11:00						10:30 - 12:30 AmBibooz Class (0/16)	10:15 - 12:00 Open Gym- SMALL TRAINING AREA (0/7)
12:00	12:00 - 13:00 CrossFit (0/12)	12:00 - 13:00 Open Gym (0/9)	12:00 - 13:00 CrossFit (0/12)	12:00 - 13:00 Open Gym (0/9)	12:00 - 13:00 CrossFit (0/12)	12:00 - 13:00 Open Gym (0/9)	11:00 - 12:00 Hyrox (0/12)
13:00	13:00 - 16:30 Open Gym + (0/16)	13:00 - 14:30 Open Gym- SMALL TRAINING AREA (0/7)	13:00 - 16:30 Open Gym + (0/16)	13:00 - 16:30 Open Gym- SMALL TRAINING AREA (0/7)	13:00 - 16:00 Open Gym + (0/12)	12:30 - 13:30 Strength (0/10)	12:30 - 13:30 Yoga (0/16)
14:00		14:30 - 16:45 Open Gym + (0/12)					14:00 - 21:00 Open Gym + (0/12)
15:00				15:30 - 16:45 Open Gym + (0/12)		15:00 - 16:00 Open Gym + (0/8)	
16:00		16:00 - 17:00 CrossFit (0/12)			15:00 - 17:00 CrossFit (0/12)	15:00 - 16:00 CTC MetCon Class (0/4)	
17:00	16:45 - 17:45 CrossFit (0/12)	16:45 - 17:45 Open Gym (0/9)	16:45 - 17:45 CrossFit (0/12)	16:45 - 17:45 Open Gym (0/9)	16:45 - 17:45 CrossFit (0/12)	16:45 - 17:45 Weightlifting Foundation	16:45 - 17:45 Open Gym - Limited
18:00	17:30 - 18:30 CrossFit (0/12)	17:30 - 18:30 Strength (0/10)	17:30 - 18:30 CrossFit (0/12)	17:30 - 18:30 CrossFit (0/12)	17:30 - 18:30 CrossFit (0/12)	17:30 - 18:30 CrossFit (0/12)	
19:00	19:05 - 20:05 CrossFit (0/12)	19:05 - 20:05 Hyrox (0/16)	19:05 - 20:05 CrossFit (0/12)	19:05 - 20:05 CrossFit (0/12)	19:05 - 20:05 CrossFit (0/12)	19:05 - 20:05 CrossFit (0/12)	
20:00	20:10 - 21:10 CrossFit (0/12)	20:10 - 21:10 Open Gym (0/9)	20:10 - 21:10 CrossFit (0/12)	20:10 - 21:10 CrossFit (0/12)	20:10 - 21:10 CrossFit (0/12)	20:10 - 21:10 Open Gym + (0/7)	
21:00							
22:00						Closed	Closed