



## OPENING TIMES

WEEKDAYS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 – 7 AM	CROSSFIT	CROSSFIT	CROSSFIT	CLOSED	CROSSFIT
7 – 8AM	CROSSFIT	CROSSFIT	CROSSFIT	OPEN GYM	CROSSFIT
8 – 9:30 AM	OPEN GYM	OPEN GYM	OPEN GYM		OPEN GYM
9:30 – 10:30 AM	CROSSFIT	CROSSFIT	CROSSFIT		CROSSFIT
10:30 AM – 1:30 PM	OPEN GYM	OPEN GYM	OPEN GYM		OPEN GYM
1:30 – 4 PM	CLOSED				
4 – 5 PM	CROSSFIT KIDS	ACADEMY	CROSSFIT KIDS	ACADEMY	ACADEMY
5 – 6 PM	CROSSFIT	CROSSFIT	CROSSFIT	OPEN GYM	CROSSFIT
6 – 7 PM	CROSSFIT	CROSSFIT	CROSSFIT	OPEN GYM	CROSSFIT
7 – 8 PM	CROSSFIT	CROSSFIT	CROSSFIT	OPEN GYM	CROSSFIT

WEEKENDS	SATURDAY	SUNDAY
8 – 9 AM	OPEN GYM	CLOSED
9 – 10 AM	CROSSFIT TEAM WOD (EXPERIENCED MEMBERS)	OPEN GYM
10 – 11 AM	CROSSFIT TEAM WOD (NEW MEMBERS)	OPEN GYM
11 AM – 12 PM	ACADEMY	CROSSFIT KIDS

