



MON

TUE

WED

THUR

FRI

CROSSFIT
6:00a-7:00a
Jason

CROSSFIT
6:00a-7:00a
Jason

CROSSFIT
6:00a-7:00a
Jason

CROSSFIT
6:00a-7:00a
Jason

CROSSFIT
6:00a-7:00a
Jason

CROSSFIT
7:30a-8:30a
Jason

CROSSFIT
7:30a-8:30a
Jason

CROSSFIT
7:30a-8:30a
Jason

CROSSFIT
7:30a-8:30a
Jason

CROSSFIT
7:30a-8:30a
Jason

CROSSFIT
9:00a-10:00a
Jenny

CROSSFIT
9:00a-10:00a
Jenny

CROSSFIT
12:00a-1:00p
Jason

CROSSFIT
12:00a-1:00p
Jason

CROSSFIT
12:00a-1:00p
Jason

CROSSFIT
12:00a-1:00p
Jason

CROSSFIT
12:00a-1:00p
Jason

CROSSFIT
4:30p-5:30p
Keaton

CROSSFIT
4:30p-5:30p
Keaton

CROSSFIT
4:30p-5:30p
Jason

CROSSFIT
4:30p-5:30p
Keaton

CROSSFIT
4:30p-5:30p
Keaton