



2019 CLASS SCHEDULE

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
6:00 am		WOD		WOD		WOD	
9:00 am		WOD	WOD	WOD	WOD	WOD	Open Gym
10:00 am	WOD						WOD
11:00 am							Family WOD - *Registration Required*
3:30 pm			Kids Ages 7-11		Kids Ages 7-11		
4:00 pm		Tweens and Teens Ages 12-16		Tweens and Teens Ages 12-16			
5:00 pm		Open Gym		WOD			
5:30 pm			Open Gym		Open Gym		
6:00 pm		WOD	Olympic Lifting	Mobility Class	WOD	WOD	
7:00 pm		Yoga + Stretch Class		Open Gym			

Take note of classes requiring sign-up: all 6am classes and Sunday classes