



Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CrossFit 6:00 AM		Spin 6:00 AM	CrossFit 6:00 AM	Spin 6:00 AM	
Spin 8:30 AM	H.I.I.T. List 8:30 AM	Spin 8:30 AM	H.I.I.T. List 8:30 AM	Spin 8:30 AM	Spin 8:05 AM
CrossFit (intermediate) 9:45 AM		CrossFit (intermediate) 9:45 AM			Bootcamp 9:30 AM
CrossFit 11:00 AM	CrossFit 11:00 AM	CrossFit 11:00 AM	CrossFit 11:00 AM	CrossFit 11:00 AM	CrossFit 11:00 AM
Bootcamp 5:30 PM	Spin 5:30 PM	H.I.I.T. List 5:30 PM	Spin 5:30 PM		
CrossFit 6:30 PM	AB JAM 6:30 PM	CrossFit 6:30 PM	AB JAM 6:30 PM		
	Zumba 7:00 PM		Zumba 7:00 PM		