

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
METCON (6:00AM - 7:00AM)	CROSSFIT (6:00AM - 7:00AM)	METCON (6:00AM - 7:00AM)	CROSSFIT (6:00AM - 7:00AM)	METCON (6:00AM - 7:00AM)	METCON (8:00AM - 9:00AM)	METCON (8:30AM - 9:30AM)
CROSSFIT (9:30AM - 10:30AM)	CROSSFIT (9:30AM - 10:30AM)	CROSSFIT (9:30AM - 10:30AM)	CROSSFIT (9:30AM - 10:30AM)	CROSSFIT (9:30AM - 10:30AM)	CROSSFIT (9:00AM - 10:00AM)**	METCON (9:30AM - 10:30AM)
CROSSFIT (3:30PM - 4:30PM)	CROSSFIT (3:30PM - 4:30PM)	CROSSFIT (3:30PM - 4:30PM)	CROSSFIT (3:30PM - 4:30PM)	CROSSFIT (3:30PM - 4:30PM)		CROSSFIT (10:30AM - 11:30AM)
METCON (4:30PM - 5:30PM)	ADAPTIVE (4:00PM - 4:40PM)	ADAPTIVE (4:00PM - 4:40PM)	ADAPTIVE (4:00PM - 4:40PM)	CROSSFIT (5:30PM - 6:30PM)		OPEN GYM (11:30AM - 12:30PM)
CROSSFIT (5:30PM - 6:30PM)	METCON (4:30PM - 5:30PM)	POWER HOUR (4:30PM - 5:30PM)	METCON (4:30PM - 5:30PM)			
	CROSSFIT (5:30PM - 6:30PM)	CROSSFIT (5:30PM - 6:30PM)	CROSSFIT (5:30PM - 6:30PM)			
	METCON (6:30PM - 7:30PM)		METCON (6:30PM - 7:30PM)			