

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
METCON (6AM - 7AM)	CROSSFIT (5AM - 6AM)	CROSSFIT (5AM - 6AM)	CROSSFIT (5AM - 6AM)	METCON (6AM - 7AM)	POWER HOUR (7AM - 8AM)	CLOSED
CROSSFIT (7AM - 8AM)	METCON (6AM - 7AM)	POWER HOUR (6AM - 7AM)	METCON (6AM - 7AM)	CROSSFIT (7AM - 8AM)	METCON (8AM - 9AM)	
METCON (9AM - 10AM)	CROSSFIT (7AM - 8AM)	CROSSFIT (7AM - 8AM)	CROSSFIT (7AM - 8AM)	METCON (9AM - 10AM)	CROSSFIT (9AM - 10AM)**	
CROSSFIT (10AM - 11AM)	METCON (9AM - 10AM)	POWER HOUR (9AM - 10AM)	METCON (9AM - 10AM)	CROSSFIT (10AM - 11AM)		
CROSSFIT (3PM - 4PM)	CROSSFIT (10AM - 11AM)	CROSSFIT (10AM - 11AM)	CROSSFIT (10AM - 11AM)	CROSSFIT (3PM - 4PM)		
METCON (4PM - 5PM)	CROSSFIT (3PM - 4PM)	CROSSFIT (3PM - 4PM)	CROSSFIT (3PM - 4PM)	METCON (4PM - 5PM)		
CROSSFIT (5PM - 6PM)	TEENS/KIDS (4PM - 5PM)	METCON (4PM - 5PM)	TEENS/KIDS (4PM - 5PM)	CROSSFIT (5PM - 6PM)		
CROSSFIT (6PM - 7PM)	CROSSFIT (5PM - 6PM)	CROSSFIT (5PM - 6PM)	CROSSFIT (5PM - 6PM)	CROSSFIT (6PM - 7PM)		
	METCON (6PM - 7PM)	CROSSFIT (6PM - 7PM)	METCON (6PM - 7PM)			
	CROSSFIT (7PM - 8PM)		CROSSFIT (7PM - 8PM)			