

| 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) | |
| CROSSFIT (8AM - 9AM) | CROSSFIT (7AM - 8AM) | CROSSFIT (7AM - 8AM) | CROSSFIT (7AM - 8AM) | METCON (9AM - 10AM) | CROSSFIT (9AM - 10AM)** | |
| METCON (9AM - 10AM) | METCON (9AM - 10AM) | CROSSFIT (8AM - 9AM) | METCON (9AM - 10AM) | CROSSFIT (10AM - 11AM) | | |
| CROSSFIT (10AM - 11AM) | CROSSFIT (10AM - 11AM) | POWER HOUR (9AM - 10AM) | CROSSFIT (10AM - 11AM) | CROSSFIT (3PM - 4PM) | | |
| CROSSFIT (3PM - 4PM) | CROSSFIT (3PM - 4PM) | CROSSFIT (10AM - 11AM) | CROSSFIT (3PM - 4PM) | METCON (4PM - 5PM) | | |
| METCON (4PM - 5PM) | KIDS CROSSFIT (4PM - 5PM) | CROSSFIT (3PM - 4PM) | KIDS CROSSFIT (4PM - 5PM) | CROSSFIT (5PM - 6PM) | | |
| CROSSFIT (5PM - 6PM) | CROSSFIT (5PM - 6PM) | METCON (4PM - 5PM) | CROSSFIT (5PM - 6PM) | CROSSFIT (6PM - 7PM) | | |
| CROSSFIT (6PM - 7PM) | METCON (6PM - 7PM) | CROSSFIT (5PM - 6PM) | METCON (6PM - 7PM) | | | |
| | CROSSFIT (7PM - 8PM) | CROSSFIT (6PM - 7PM) | CROSSFIT (7PM - 8PM) | | | |