



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:30 AM OPEN GYM	5:30-6:30 AM OPEN GYM	5:30-6:30 AM OPEN GYM	CLOSED	8:30-9:30 AM Katie or Davin	OPEN GYM	CLOSED
8:30-9:30 AM Katie or Davin	8:30-9:30 AM Reva or Davin	8:30-9:30 AM Katie or Davin		11 AM - Noon Rob		
11 AM - Noon Rob	11 AM - Noon Rob	11 AM - Noon Rob		Noon - 1 PM Rob		
Noon - 1 PM Rob	Noon - 1 PM Rob	Noon - 1 PM Rob				
1-4 PM OPEN GYM	1-4 PM OPEN GYM	1-4 PM OPEN GYM				
4-5 PM Rob	4-5 PM Rob	4-5 PM Rob				
5-6 PM OPEN GYM	5-6 PM OPEN GYM	5-6 PM OPEN GYM				

NOV 21-27 HOURS OF OPERATION

MON - WED | 5 AM - 8 PM
 FRI | 7 AM - 1 PM
 SAT | 7 AM - 5 PM

CHILDCARE HOURS

DAYS | MON - SAT | 8-11 AM
 EVENINGS | MON - THU | 4-7 PM
 Childcare is FREE for all members

NOV 21-27
 Please note: All CrossFit classes have a fee in addition to the standard membership fee.

