



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:30 AM Reva	5:30-6:30 AM Reva	5:30-6:30 AM Reva	5:30-6:30 AM Reva	5:30-6:30 AM Reva	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	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	11 AM - Noon Rob		
Noon - 1 PM 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	1-4 PM OPEN GYM			
4-5 PM Rob	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	5-6 PM OPEN GYM			

HOURS OF OPERATION

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

CHILDCARE HOURS

DAYS | MON - SAT | 8-11 AM
EVENINGS | CLOSED
Childcare is FREE for all members

FALL 2022

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

