



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00 AM Adam	6:00-7:00 AM Adam	6:00-7:00 AM Adam	6:00-7:00 AM Adam	6:00-7:00 AM Adam	OPEN GYM	CLOSED
8:30-9:30 AM Davin	8:30-9:30 AM Davin	8:30-9:30 AM Davin	8:30-9:30 AM Davin	8:30-9:30 AM Davin		
9:30-11 AM OPEN GYM	9:30-11 AM OPEN GYM	9:30-11 AM OPEN GYM	9:30-11 AM OPEN GYM	9:30-11 AM OPEN GYM		
11 AM - 12 PM Bryce	11 AM - 12 PM Bryce	11 AM - 12 PM Bryce	11 AM - 12 PM Bryce	11 AM - 12 PM Bryce		
12-1 PM Bryce	12-8 PM OPEN GYM	12-1 PM Bryce	12-8 PM OPEN GYM	12-1 PM Bryce		
1-8 PM OPEN GYM		1-8 PM OPEN GYM		1-8 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 | MON - THU | 4-7 PM  
Childcare is FREE for all members

FEB 2023

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

