

24 Classes  
a week



Effective:  
09/18/2017

## GROUP CLASS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
8:30am	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
4:30pm	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
5:30pm	CrossFit	CrossFit	CrossFit	CrossFit			
6:30pm	CrossFit	CrossFit	CrossFit	CrossFit			

**CrossFit:** One hour CrossFit class that incorporates gymnastics, Olympic weight lifting, kettle bells and metabolic conditioning. This high intensity class is scalable to any fitness or skill level.

**Olympic Weightlifting:** A class that provides coaching, programming, training, and education on the Olympic lifts. Implementing a strong foundational basis for technique and form to efficiently and effectively maneuver the Snatch and Clean&Jerk. This class is perfect for those who are just starting out to those wishing to compete. **(\*Must meet up with a coach before attending first calss)**