Class Schedule

Monday

	Class	Instructor	Seats Available
5:30 AM	CrossFit	Jayci	14
6:00 AM			
6:30 AM			
7:00 AM			
7:30 AM	CrossFit	Jayci	14
8:00 AM			
8:30 AM	CrossFit	Jayci	14
9:00 AM			
9:30 AM	CrossFit Women	Jayci	14
10:00 AM			
10:30 AM			
11:00 AM			
11:30 AM			
12:00 PM			
12:15 PM	CrossFit Express	Wesley	7
12:45 PM			
1:00 PM			
1:30 PM			
2:00 PM			
2:30 PM			
3:00 PM			
3:30 PM			
4:00 PM			
4:30 PM	CrossFit	Wesley	14
5:00 PM			
5:30 PM	CrossFit	Wesley	14
6:00 PM			
6:30 PM	CrossFit	Wesley	14
7:00 PM			
7:30 PM			
8:00 PM			

Tuesday

	Class	Instructor	Seats Available
5:30 AM	Closed		
6:00 AM			
6:30 AM	CrossFit	Jayci	14
7:00 AM			
7:30 AM	CrossFit	Jayci	14
8:00 AM			
8:30 AM			
9:00 AM			
9:30 AM	CrossFit Women	Jayci	14
10:00 AM			
10:30 AM			
11:00 AM			
11:30 AM			
12:00 PM			
12:15 PM	CrossFit Express	Wesley	7
12:45 PM			
1:00 PM			
1:30 PM			
2:00 PM			
2:30 PM			
3:00 PM			
3:30 PM			
4:00 PM			
4:30 PM			
5:00 PM			
5:30 PM	CrossFit	Wesley	14
6:00 PM			
6:30 PM	CrossFit	Wesley	14
7:00 PM			
7:30 PM			
8:00 PM			

Wednesday

	Class	Instructor	Seats Available
5:30 AM	CrossFit	Jayci	14
6:00 AM			
6:30 AM			
7:00 AM			
7:30 AM	CrossFit	Jayci	14
8:00 AM			
8:30 AM	CrossFit	Jayci	14
9:00 AM			
9:30 AM	CrossFit Women	Jayci	14
10:00 AM			
10:30 AM			
11:00 AM			
11:30 AM			
12:00 PM			
12:15 PM	CrossFit Express	Wesley	7
12:45 PM			
1:00 PM			
1:30 PM			
2:00 PM			
2:30 PM			
3:00 PM			
3:30 PM			
4:00 PM			
4:30 PM	CrossFit	Wesley	14
5:00 PM			
5:30 PM	CrossFit	Wesley	14
6:00 PM			
6:30 PM	CrossFit	Wesley	14
7:00 PM			
7:30 PM			
8:00 PM			

Thursday

	Class	Instructor	Seats Available
5:30 AM	Closed		
6:00 AM			
6:30 AM	CrossFit	Jayci	14
7:00 AM			
7:30 AM	CrossFit	Jayci	14
8:00 AM			
8:30 AM			
9:00 AM			
9:30 AM	CrossFit Women	Jayci	14
10:00 AM			
10:30 AM			
11:00 AM			
11:30 AM			
12:00 PM			
12:15 PM	CrossFit Express	Wesley	7
12:45 PM			
1:00 PM			
1:30 PM			
2:00 PM			
2:30 PM			
3:00 PM			
3:30 PM			
4:00 PM			
4:30 PM			
5:00 PM			
5:30 PM	CrossFit	Wesley	14
6:00 PM			
6:30 PM	CrossFit	Wesley	14
7:00 PM			
7:30 PM			
8:00 PM			
8:30 PM			
9:00 PM			
9:30 PM			

Friday

	Class	Instructor	Seats Available
5:30 AM	CrossFit	Jayci	14
6:00 AM			
6:30 AM			
7:00 AM			
7:30 AM	CrossFit	Jayci	14
8:00 AM			
8:30 AM	CrossFit	Jayci	14
9:00 AM			
9:30 AM	CrossFit Women	Jayci	14
10:00 AM			
10:30 AM			
11:00 AM			
11:30 AM			
12:00 PM			
12:15 PM	CrossFit Express	Wesley	7
12:45 PM			
1:00 PM			
1:30 PM			
2:00 PM			
2:30 PM			
3:00 PM			
3:30 PM			
4:00 PM			
4:30 PM	CrossFit	Wesley	14
5:00 PM			
5:30 PM	CrossFit	Wesley	14
6:00 PM			
6:30 PM	CrossFit	Wesley	14
7:00 PM			
7:30 PM			
8:00 PM			
8:30 PM			
9:00 PM			
9:30 PM			

Saturday

	Class	Instuctor	Seats Available
5:30 AM	Closed		
6:00 AM			
6:30 AM			
7:00 AM			
7:30 AM			
8:00 AM			
8:30 AM			
9:00 AM			
9:30 AM	Free CrossFit	Wesley	14
10:00 AM		Jayci	
10:30 AM	CrossFit	Wesley	14
11:00 AM		Jayci	
11:30 AM	CrossFit	Wesley	14
12:00 PM		Jayci	
12:30 PM			
1:00 PM			
1:30 PM			
2:00 PM			
2:30 PM			
3:00 PM			
3:30 PM			
4:00 PM			
4:30 PM			
5:00 PM			
5:30 PM			
6:00 PM			
6:30 PM			
7:00 PM	Closed		
7:30 PM			
8:00 PM			
8:30 PM			
9:00 PM			
9:30 PM			