



## CLASS SCHEDULE

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