



## BOOT CAMP/TACFIT

Monday - Friday

Morning:

6:00 - 7:00 (Except Wednesday)  
11:00 - 12:00

Afternoon:

5:30 - 6:30 (Except Thursday)

## MOBILITY

Monday and Wednesday

12:00 PM - 1:00 PM

## FLOWFIT

Wednesday

6:00 AM - 7:00 AM

Sunday

9:30 AM - 10:30 AM

## CROSSFIT ADULTS

GROUP CLASSES

Monday - Friday

Morning:

6:00 - 7:00  
7:15 - 8:15  
9:30 - 10:30

Evening

4:00 - 5:00  
5:15 - 6:15  
6:30 - 7:30

Saturday

9:30 AM - 10:30 AM  
11:00 AM - Noon (Hero WOD)

## GROUP ON RAMP

Monday, Wednesday, Thursday

7:30 - 8:30 PM

## CROSSFIT KIDS (ages 5-11)

Thursday

4:00 - 5:00 PM

Saturday

9:30 - 10:30 AM

## CROSSFIT TEENS (ages 12-18)

Monday and Thursday

6:30 - 7:30 PM

Tuesday

2:00 - 3:00 PM

## OPEN GYM

Monday - Friday

11:00 AM - 1:00 PM

Saturday

10:30 AM - 12:00 PM