	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
6:15 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
7:00 AM						CrossFit	
7:30 AM	CT Lite	CT Lite	CT Lite	CT Lite	CT Lite		
8:00 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
9:00 AM						CrossFit	
11:00 AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
4:00 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
5:15 PM	CT Lite	CT Lite	CT Lite	CT Lite	CT Lite		
6:00 PM	CrossFit	CrossFit	CrossFit	CrossFit			
7:00 PM	CrossFit	CrossFit	CrossFit	CrossFit			