	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00:00 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
6:00:00 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
7:00:00 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
8:00:00 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	Mobility	
9:00:00 AM						CrossFit	
9:15:00 AM	Powered By Women	Powered By Women	Powered By Women	Powered By Women			
11:00:00 AM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
4:00:00 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
5:00:00 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
6:00:00 PM	CrossFit	CrossFit	CrossFit	CrossFit			
7:00:00 PM	CrossFit	Open Gym	CrossFit	CrossFit			