

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Time** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 8:00AM | CrossFit | CrossFit | CrossFit | CrossFit | CrossFit |
| 12:00PM | CrossFit | CrossFit | CrossFit | CrossFit | CrossFit |
| 6:00PM | CrossFit | CrossFit | CrossFit | CrossFit | CrossFit |
| 7:00pm | Boot Camp | Boot Camp | Boot Camp | Boot Camp | Boot Camp |
| 7:00PM | Kids run club  Summer only | Kids run club  Summer only | Kids run club  Summer only | Kids run club  Summer only | Kids run club  Summer only |