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| **Monday-Friday** | **Instructor** | **Class** |
| 5am – 6am | **Jordan Benson** | **CrossFit** |
| 6am – 7am | **Jordan Benson** | **CrossFit** |
| 8:30am – 9:30am | **Jordan Benson** | **CrossFit** |
| 9:30am – 10:30am | **Dan Trujillo & Joshua Benson** | **Functional Bodybuilding** |
| 11am – 12pm | **Dan Trujillo & Joshua Benson** | **Functional Bodybuilding** |
| 12pm – 1pm | **Dylan Powell** | **CrossFit** |
| 3:30pm – 4:30pm | **Joshua Benson** | **CrossFit** |
| 5pm – 6pm | **Joshua Benson** | **CrossFit** |
| 6pm – 7pm | **Delaney Klas** | **CrossFit** |
| 7pm – 8pm | **Delaney Klas** | **CrossFit** |

**Open Gym Time:**

The CrossFit room and equipment is open to anyone for use outside of the above class times. **Check with the instructor if there is available space and equipment to use if within one of the above class times.** Be sure to put all equipment back in its place when you are done.

Shape

Description automatically generated with medium confidence**No one under the age of 13 is allowed in this room unless accompanied and supervised by a Wellness Center trainer/coach.**