

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
5-6		CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
6-7		CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
7-8							
8-9		CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	Powerlifting
9-10	Community WOD	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit
10-11	YOGA	Longevity	Longevity	Longevity	Longevity	Longevity	CrossFit
11-12		FitMamas	OPEN GYM	FitMamas	OPEN GYM	OPEN GYM	
12-1	Rentable Space for Bday Parties (Workouts, Nerf Wars etc.), Reunions, etc. (Off-season Training for team (self run or CFL Coach run))	CrossFit	30MIN HIIT	CrossFit	30MIN HIIT	CrossFit	Rentable Space for Bday Parties (Workouts, Nerf Wars etc.), Reunions, etc. (Off-season Training for team (self run or CFL Coach run))
1-2		PE	PE	PE	PE	PE	
2-3							
3-4							
4-5		TEENS	TWEENS	TEENS	TWEENS	Lil Ninjas	
5 - 5:30		OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	
5:30 - 6:30		CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
6:30 - 7:30		KickStart	Comp Teens	YOGA	KickStart	Specialty Programs	
7:30 +			YOGA		YOGA		