

Next Generation Gym Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM							
6:00 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
7:00 AM							
8:00 AM							
9:00 AM						Open Gym	
10:00 AM						CrossFit	
11:00 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
Noon							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
5:00 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
6:00 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
7:00 PM							