



Check out our NEW SCHEDULE!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15am	CF Class	CF Class	CF Class	CF Class	CF Class	8am Open Gym
6:30am	CF Class/ Open Gym	Open Gym			CF Class/ Open Gym	8am Mobility Yoga**
9:00am	CF Class	CF Class	CF Class	CF Class	CF Class	Weightlifting Class
10:30-1	Open Gym					Open Gym Ends 1pm
1-2pm	Closed					
2-4:45pm	Open Gym					
4:45pm	CF Class	CF Class	CF Class	CF Class	CF Class	
6:00pm	CF Class	CF Class	CF Class	CF Class	CF Class	
7:15pm	CF Class/ MoYo	CF Class	CF Class			

*Personal Training and Semi-Private Training Sessions can be scheduled at any time!

**Mobility Yoga Class is on the 1st and 3rd Saturday of the month (and every Mon PM)