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TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
Daytime	6:00am CrossFit	6:00am CrossFit	6:00am CrossFit	6:00am CrossFit	6:00am CrossFit	10:00am CrossFit Team WOD  11:00-12 Open Gym	9:00am Sweat-X Class  10:00-12 Open Gym
	8:30am CrossFit	8:30am CrossFit	8:30am CrossFit	8:30am CrossFit	8:30am CrossFit		
	9:30am CrossFit & 9:30am On-Ramp	9:30am CrossFit & 9:30am On-Ramp	9:30am CrossFit & 9:30am On-Ramp	9:30am CrossFit & 9:30am On-Ramp	9:30am CrossFit		
	12:00pm CrossFit	12:00pm CrossFit	12:00pm CrossFit	12:00pm CrossFit	12:00pm CrossFit		
Evening	4:00pm TeenFit	4:00pm TeenFit	4:00pm TeenFit	4:00pm TeenFit	4:00pm TeenFit		
	4:15 Sweat-X Class		4:15 Sweat-X Class		4:15 Sweat-X Class		
	5:00pm CrossFit	5:00pm CrossFit	5:00pm CrossFit	5:00pm CrossFit	5:00pm CrossFit		
	6:00pm CrossFit	6:00pm CrossFit	6:00pm CrossFit	6:00pm CrossFit	6:00pm Open Gym		
	7:00pm CrossFit	7:00pm CrossFit	7:00pm CrossFit	7:00pm CrossFit			
	8:00pm Sweat-X Class	8:00pm Sweat-X Class	8:00pm Yoga	8:00pm Sweat-X Class			