



CROSSFIT 622 SCHEDULE

CrossFit	Uplift
06:00am - 07:00am Mon - Fri	10:00am - 11:00am Mon - Fri
08:00am - 09:00am Mon - Fri	06:00pm - 07:00pm Mon - Fri
10:00am - 11:00am Mon - Fri	
12:00pm - 01:00pm Mon - Fri	
04:00pm - 05:00pm Mon - Fri	
05:00pm - 06:00pm Mon - Fri	
06:00pm - 07:00pm Mon - Fri	
07:00pm - 08:00pm Mon - Fri	
09:00am - 10:00am Sat	
	Teens / Kids
	07:00pm - 08:00pm Mon - Fri
Open Gym	Fit 30
06:00am - 08:00pm Mon - Fri	05:30pm - 06:00pm Mon
09:00am - 03:00pm Sat	05:30pm - 06:00pm Wed
09:00am - 12:00pm Sun	05:30pm - 06:00pm Fri

Check us out on   

Call us at (702) 462-9561

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