

# SOCIETY FITNESS (HOME OF CROSSFIT 622) | CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00 AM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
7:30-8:30 AM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
9:00-10:00 AM						CROSSFIT	
9:00-10:00 AM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
12:00-1:00 PM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
4:00-5:00 PM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
5:00-6:00 PM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
5:00-6:00 PM	TEENS/KIDS	TEENS/KIDS	TEENS/KIDS	TEENS/KIDS	TEENS/KIDS		
6:00-7:00 PM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
6:00-7:00 PM	UPLIFT	UPLIFT	UPLIFT	UPLIFT	UPLIFT		
7:00-8:00 PM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		

\* Open Gym is Monday-Friday from 5:45am-8:00pm. Saturday 9am-12:00pm. Sunday 9:00am-12:00pm.

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