

Sun	Mon	Tue	Wed	Thu	Fri	Sat
5:00 AM	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	
6:15 AM	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	
7am						
8:00 AM	Pulse	Pulse	Pulse	Pulse	Pulse	
9:00 AM	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit
10:00 AM						Crossfit
11:00 AM						Crossfit
3:15 PM	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	
4:15 PM	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	
5:15 PM	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	
5:15PM Pulse						
6:15 PM	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	
7:15 PM	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	
7:15 PM 101	101 Free Class	101	101			
8:15 PM	Crossfit	Crossfit	Crossfit	Crossfit		