

CROSSFIT ARMED SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	CrossFit *Open Facility	CrossFit *Open Facility	CrossFit *Open Facility	CrossFit *Open Facility	CrossFit *Open Facility		
7:00AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
8:00AM	CrossFit *Open Facility	CrossFit *Open Facility	CrossFit *Open Facility	CrossFit *Open Facility	CrossFit *Open Facility		
8:30AM						Community WOD Open Facility	
9:00AM	CrossFit Armed & Fit HIIT	CrossFit Armed & Fit HIIT	CrossFit Armed & Fit HIIT	CrossFit Armed & Fit HIIT	CrossFit Armed & Fit HIIT		
9:30AM						Community WOD Open Facility	
10:00AM-11:45PM	Open Facility	Open Facility	Open Facility	Open Facility	Open Facility		Open Facility
4:15PM-5:00PM	Open Facility	Open Facility	Open Facility	Open Facility			
4:45PM	Armed Comp	Oly Class Armed Comp	Armed Comp	Oly Class Armed Comp	Armed Comp		
5:15PM	CrossFit Armed & Fit HIIT	CrossFit Armed & Fit HIIT	CrossFit Armed & Fit HIIT	CrossFit Armed & Fit HIIT	CrossFit		
6:15PM	CrossFit Armed & Fit HIIT	CrossFit Armed & Fit HIIT	CrossFit Armed & Fit HIIT	CrossFit Armed & Fit HIIT	CrossFit Armed & Fit HIIT		
6:30PM	Armed Comp	Oly Class Armed Comp	Armed Comp	Oly Class Armed Comp	Armed Comp		
7:15PM	CrossFit	CrossFit	CrossFit	CrossFit			

-SCHEDULE IS SUBJECT TO CHANGE-
*MORNING OPEN FACILITY TIMES ARE
6:00-7:45AM AND 8:00-9:45AM*