



CrossFit
CrossFit Express (45 mins)
Kids Strength & Conditioning
Run - Two Run Workouts posted each week.
Peak Fitness

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00AM	CrossFit 5 - 6AM	CrossFit 5 - 6AM	CrossFit 5 - 6AM	CrossFit 5 - 6AM	CrossFit 5 - 6AM		
6:00AM	CrossFit 6 - 7AM	CrossFit 6 - 7AM	CrossFit 6 - 7AM	CrossFit 6 - 7AM	CrossFit 6 - 7AM		
7:00AM							
8:00AM	CrossFit 7:30-8:30AM		CrossFit 7:30-8:30AM				
9:00AM	CrossFit 8:30-9:30AM	CrossFit 8:30-9:30AM	CrossFit 8:30-9:30AM	CrossFit 8:30-9:30AM	CrossFit 8:30-9:30AM	CrossFit Intros Welcome 8:30-9:30AM	Open Gym scheduled weekly
10:00AM	CrossFit 9:30-10:30AM	PeakFitness 9:30-10:30AM	CrossFit 9:30-10:30AM	PeakFitness 9:30-10:30AM	CrossFit 9:30-10:30AM	PeakFitness 9:30-10:30AM	
11:00AM							
12:00 Noon	CrossFit (Express) 12:00-12:45PM	PeakFitness (Exp) 12:00-12:45	CrossFit (Express) 12:00-12:45PM	Peak Fitness (Exp) 12:00 - 12:45	CrossFit (Express) 12:00-12:45PM		
1:00PM							
2:00PM							
3:00PM							
4:00PM		Kids (7 - 10) 3:30 - 4:30PM		Kids (7 - 10) 3:30 - 4:30PM			
5:00PM		Kids (11 and up) 4:30 - 5:30PM		Kids (11 and up) 4:30 - 5:30PM			
6:00PM	CrossFit 5:30 - 6:30PM	CrossFit 5:30 - 6:30PM	CrossFit 5:30 - 6:30PM	CrossFit 5:30 - 6:30PM	CrossFit 5:30 - 6:30PM		
7:00PM	CrossFit 6:30 - 7:30PM	CrossFit 6:30-7:30PM	PeakFitness 6:30-7:30PM	CrossFit 6:30 - 7:30PM	CrossFit 6:30-7:30PM	PeakFitness 6:30-7:30PM	
8:00 PM							