

TIMETABLE

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|-------------------------------|---------------------------------|-------------------------------|-----------------------|-------------------------------|-------------------|-----------------------|
| 7:00am | WOD 7AM - 8AM | WOD 7AM - 8AM | WOD 7AM - 8AM | WOD 7AM - 8AM | WOD 7AM - 8AM | | |
| 8:00am | WOD 7AM - 8AM | WOD 7AM - 8AM | WOD 7AM - 8AM | | WOD 7AM - 8AM | | |
| 9:00am | | | | | | WOD 9AM - 10AM | |
| 9:15am | WOD 9:15AM - 10:15AM | WOD 9:15AM - 10:15AM | WOD 9:15AM - 10:15AM | | WOD 9:15AM - 10:15AM | | |
| 10:00am | | | | | | | |
| 10:30am | OPEN GYM 10:30AM - 12:30PM | | OPEN GYM 10:30AM - 12:30PM | | OPEN GYM 10:30AM - 12:30PM | | |
| 1:00pm | | | | | | | OPEN GYM 1PM - 3PM |
| 3:00pm | | OPEN GYM 3PM - 5PM | | OPEN GYM 3PM - 5PM | | | |
| 5:00pm | WOD 5PM - 6PM | WOD 5PM - 6PM | WOD 5PM - 6PM | WOD 5PM - 6PM | WOD 5PM - 6PM | | |
| 6:00pm | WOD 6PM - 7PM | WOD 6PM - 7PM | WOD 6PM - 7PM | WOD 6PM - 7PM | WOD 6PM - 7PM | | |
| 7:00pm | WOD 7PM - 8PM | OLYMPIC LIFTING 7PM - 8:30PM | WOD 7PM - 8PM | WOD 7PM - 8PM | WOD 7PM - 8PM | | |