



2017 SCHEDULE OF CLASSES

	5am	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4:30pm	5:30pm	6:30pm
Monday	GROUP WOD	GROUP WOD			GROUP WOD*			GROUP WOD*				GROUP WOD*	GROUP WOD*	GROUP WOD
		MOVEMENT & MOBILITY	ROWING				ROWING*						CF ENDURANCE*	
Tuesday	GROUP WOD	GROUP WOD			GROUP WOD*			GROUP WOD*				GROUP WOD*	GROUP WOD*	OPEN GYM
			ROWING				ROWING*							ROWING
Wednesday	GROUP WOD	GROUP WOD			GROUP WOD*			GROUP WOD*				GROUP WOD*	GROUP WOD*	GROUP WOD
		MOVEMENT & MOBILITY	ROWING				ROWING*							
Thursday	GROUP WOD	GROUP WOD			GROUP WOD*			GROUP WOD*				GROUP WOD*	GROUP WOD*	OPEN GYM
			ROWING				ROWING*						CF ENDURANCE*	ROWING
Friday	GROUP WOD	GROUP WOD			GROUP WOD*			GROUP WOD*				GROUP WOD*	GROUP WOD*	GROUP WOD
		MOVEMENT & MOBILITY	ROWING				ROWING*							
Saturday					GROUP WOD*	GROUP WOD*								
Sunday										GROUP WOD				

GROUP WOD
ROWING
CF ENDURANCE
MOVEMENT & MOBILITY
OPEN GYM

* CHILDCARE PROVIDED