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Weekly Class Schedule

	monday	tuesday	wednesday	thursday	friday	saturday	sunday
5am	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
6am	CrossFit	SurgeFit	CrossFit	SurgeFit	CrossFit		
7am						Boxing	
8am						CrossFit	
9am	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	Beginners	
10am	Mums CrossFit	Mums CrossFit	Mums CrossFit	Mums CrossFit	Mums CrossFit		
11am		CrossFit		CrossFit			
12pm	CrossFit	SurgeFit	CrossFit	SurgeFit	CrossFit		
3:30pm	Kids CrossFit	Kids CrossFit	Kids CrossFit				
4pm	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
5pm	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
6pm	CrossFit	SurgeFit	CrossFit	SurgeFit	Olympic Lifting		
7pm	Beginners	CrossFit	Beginners	CrossFit			