



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

						10:00AM CrossFit Class	10:00AM CrossFit Class
						11:00AM CrossFit Class	
12:30PM CrossFit Class	12:30PM CrossFit Class	12:30PM CrossFit Class	12:30PM CrossFit Class	12:30PM CrossFit Class	12:30PM CrossFit Class	12:00NN Wellness Class	
						1:00PM CrossFit Class	1:00PM CrossFit Class
2:00PM-6:00PM Open Gym ⁽¹⁾	2:00PM -6:00PM Open Gym ⁽¹⁾	2:00PM -6:00PM Open Gym ⁽¹⁾	2:00PM -6:00PM Open Gym ⁽¹⁾	2:00PM -6:00PM Open Gym ⁽¹⁾	2:00PM-6:00PM Open Gym ⁽¹⁾	2:00PM-6:00PM Open Gym ⁽¹⁾	2:00PM-6:00PM Open Gym ⁽¹⁾
					5:00PM CrossFit Kids & Teens		2:30PM CrossFit Kids & Teens
6:30PM CrossFit Class	6:30PM CrossFit Class	6:30PM CrossFit Class	6:30PM CrossFit Class	6:30PM CrossFit Class	6:30PM CrossFit Class		
7:00PM Stretching & strengthening exercises for body balance - Mandy All levels.			7:00PM Yoga Group Class – Rico Full Body Yoga Flow. All levels.				
7:30PM CrossFit Class	7:30PM CrossFit Class	7:30PM CrossFit Class	7:30PM CrossFit Class	7:30PM CrossFit Class	7:30PM CrossFit Class		

(1) Book or Cancel 24-hour in advance

**LRFC / CFPE reserve the right to amend the above without prior notice. In the event of any dispute, the decision of the company shall be final.*