



	Sunday	Monday	Tuesday	Wednesday	Thursday	Saturday
<b>6am</b>	Endurance	Endurance	Endurance	Endurance	Endurance	—
<b>9am</b>	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	—
<b>10am</b>	—	—	—	—	—	CrossFit
<b>11am</b>	—	—	—	—	—	Yoga
<b>12:30pm</b>	Metcon	Metcon	Metcon	Metcon	Metcon	—
<b>3pm</b>	—	—	—	—	—	CrossFit
<b>4pm</b>	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit
<b>5pm</b>	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit
<b>5pm</b>	Ladies Only	Ladies Only	Ladies Only	Ladies Only	Ladies Only	—
<b>6pm</b>	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit
<b>6pm</b>	—	—	—	—	—	Mobility
<b>7pm</b>	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	—
<b>7pm</b>	On-Ramp	On-Ramp	On-Ramp	On-Ramp	Mobility	—

**Arena Fitness Team**

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**Friday: Closed**