

FREE INTRO CLASSES EVERY WEEK!

*All welcome. Please arrive 10 min before start of class to sign in. Wear comfortable clothes; we're going to move!



DISCOUNTS AVAILABLE!

...For all LEO, firefighters, EMS, active and veteran US armed service members; students and teachers with valid ID! (Sorry, discounts can't be combined.)

**Yoga/Body Weight = first Wed. of the month.

MON

6:00am Level 2
7:00am ALL
8:00am Level 1

12:00pm ALL

5:30pm Level 1
6:30pm Level 2
7:30pm ALL
7:30pm P-Lifting
8:30pm Level 1*

TUES

6:00am Level 2
7:00am ALL
8:00am Level 1

12:00pm ALL

5:30pm Level 1
6:30pm Level 2
7:30pm ALL
7:30pm Oly
8:30pm Level 1

WED

6:00am Level 2
7:00am ALL
8:00am Level 1

12:00pm ALL

5:30pm Level 1
6:30pm Level 2
7:30pm ALL
7:30pm Yoga/BW**
8:30pm Level 1
8:30pm FREE
INTRO

THURS

6:00am Level 2
7:00am ALL
8:00am Level 1

12:00pm ALL

5:30pm Level 1
6:30pm Level 2
7:30pm ALL
7:30pm P-Lifting
8:30pm Level 1

FRI

6:00am ALL
7:00am ALL

12:00pm ALL
5:30pm ALL
6:30pm ALL

SAT

10:00am ALL
11:00am ALL

12:00pm FREE INTRO
12:00pm Power Lifting

SUN
10:00am ALL
11am Olympic Lifting

Level 1 = Beginner to intermediate CrossFitters. *Beginners must attend either a free intro class or a Monday night Level 1 class as their first class.

Level 2 = Experienced CrossFitters, or those who have completed a minimum of (15) Level 1 and/or All Level classes. Level 2 athletes are permitted to take Level 1 classes, and must do the Level 1 workouts, unless the coach allows otherwise.