

# Open Gym "OG" Schedule

(effective 2/13/2017)

**Monday:** 6:30am-7:30am, 12pm-1pm, 5:30pm-6:30pm

**Tuesday:** 6:30am-7:30am, 12pm-1pm, 5:30pm-6:30pm

**Wednesday:** 6:30am-7:30am, 12pm-1pm, 5:30pm-6:30pm

**Thursday:** 6:30am-7:30am, 12pm-1pm, 5:30pm-6:30pm

**Friday:** 6:30am-7:30am, 12pm-1pm, 5:30pm-6:30pm

**Saturday:** 12pm-1pm

**Sunday:** 11am-12:30pm

- OG hours are subject to change without notice. Please check the daily schedule on Wodify.
- Classes take precedence over OG. If your area / equipment is needed for a class, please allow them to use it.
- Please be respectful of the coaches teaching and classes happening during open gym. Please keep the noise to a minimum.
- Please sign in to OG as it is considered a class. If you are determined to not have signed in for OG, your OG privileges maybe revoked.
- OG time should be used to work on skills, lifts and make up past workouts you may have missed. Please refrain from doing that day's workout during OG.
- Don't be a jerk but jerk heavy!
- Any questions or complaints, please see above. 😊