

WEEKLY SCHEDULE

Monday

5:30AM
8:30AM
4:30PM
6:00PM
7:30PM

Tuesday

5:30AM
8:30AM
4:30PM
6:00PM
7:30PM

Wednesday

5:30AM
8:30AM
4:30PM
6:00PM
7:30PM

Thursday

5:30AM
8:30AM
4:30PM
6:00PM
7:30PM

Friday

5:30AM
8:30AM
4:30PM
6:00PM

Saturday

8:00AM Strength
9:00AM Team WOD

Sunday

CLOSED