

Group Class Schedule - Fall 2018

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	WOD	Open Gym	WOD		WOD	Open Gym	WOD	Personal Skill Sessions By Appointment
6:30am	WOD		WOD		WOD		WOD	
8:30am	WOD	Specialty Programs	WOD	8:30am Boxing **Check online weekly	WOD	Specialty Programs	WOD	8:30am CrossFit Striking
9:30am	WOD		WOD	WOD	WOD		WOD	
12:00pm	Ignite / CrossFit Combined	Open Gym 10am- 3pm	Ignite / CrossFit Combined	Open Gym 10am- 3pm	Yoga	Open Gym 10am- 3pm	Ignite / CrossFit Combined	Open Gym 10am- 3pm
3:30pm	WOD	Varsity 3:30pm	WOD		WOD	Varsity 3:30pm	WOD	
4:30pm	WOD	Varsity 4:15pm	WOD		WOD	Varsity 4:15pm	WOD	10:30am to 1:30pm Open Gym
5:00pm								
5:30pm	WOD		WOD	Boxing Class	WOD		WOD	After 1:00, by appointment only
6:00pm								
6:30pm	WOD		WOD	Ignite	WOD		WOD	
7:00pm								
7:30pm	WOD	Varsity	WOD	Boxing Class	WOD	Varsity	WOD	By Appointment Only
8:00pm								
8:30pm	Ignite		WOD (intermed & advanced athletes)	8:00pm Dumbbell Mission	Ignite		WOD	Yoga 8:00



FirePower Campus
705 Nipissing Rd
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WOD = CrossFit "Workout of the Day"

**** Always check live schedule for changes ****