

Group Class Schedule - Fall 2019

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	Back Gym	Front Gym	Back Gym	Front Gym	Back Gym	Front Gym	Back Gym	Front Gym	Back Gym	Front Gym	Back Gym	Front Gym		
5:30am	WOD	Open Gym	WOD	Open Gym	WOD	Open Gym	WOD	Open Gym	WOD	Open Gym	7:30am WOD	Open Gym 7:30am- 8:15am	Personal Skill Sessions By Appointment	
6:30am	WOD		WOD		WOD		WOD		WOD					WOD
8:30am	WOD	Specialty Programs	WOD	8:30am Boxing **Check online weekly	WOD	Specialty Programs	WOD		WOD	Specialty Programs	8:30am WOD	8:30am CrossFit Striking		
9:30am	WOD		WOD		WOD		WOD		WOD					
12:00pm	Ignite / CrossFit Combined	Open Gym 10:30am- 3:00pm	Ignite / CrossFit Combined	Open Gym 10:30am- 3:00pm	Yoga	Open Gym 10:30am- 3:00pm	Ignite / CrossFit Combined	Open Gym 10:30am- 3:00pm	Ignite / CrossFit Combined	Open Gym 10:30am- 3:00pm	9:30am WOD	10am Boxing	10:30am Boxing	
3:30pm	WOD	Varsity	WOD		WOD	Varsity	WOD	Varsity	WOD	Personal Training / Specialty Programs	10:45am Ignite	11:15am Varsity	9:30am to 12:30pm Open Gym	
4:30pm	WOD	Varsity 4:15pm	WOD		WOD	Varsity 4:15pm	WOD	Varsity 4:15pm	WOD		11:45am WOD			
5:00pm		Personal Training / Specialty Programs				Ignite 5:45pm		WOD			Personal Training / Specialty Programs	WOD	Ignite 5:45pm	WOD
5:30pm	After 1:00, by appointment only													
6:00pm			WOD	Boxing 6:45pm	WOD		Boxing 6:45pm		WOD	Note: Friday evenings will have disruption during Open				
6:30pm	WOD													
7:00pm		WOD	Varsity	WOD	Private Training	WOD	Varsity	WOD	Private Training					
7:30pm	WOD									Varsity	WOD	Private Training	WOD	Varsity
8:00pm		WOD	Varsity	WOD	Private Training	WOD	Varsity	WOD	Private Training					
8:30pm	Ignite										WOD (intermed + athletes)	Dumbbell (Ignite/CF members)	Ignite	



FirePower Campus
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WOD = CrossFit "Workout of the Day"

** Always check live schedule for changes &/or social media for weather cancelations**