

## Group Class Schedule - Winter 2020

	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				
8:30am	WOD	Specialty Programs	WOD	8:30am Boxing **Check online weekly	WOD	Specialty Programs	WOD	Specialty Programs	WOD	Specialty Programs	8:30am WOD	8:30am CrossFit Striking	
9:30am	WOD		WOD		WOD		WOD		WOD				
12:00pm	Ignite Metcon	Open Gym 10:30am- 3:00pm	Ignite Metcon	Open Gym 10:30am- 3:00pm	Yoga	Open Gym 10:30am- 3:00pm	Ignite Metcon	Open Gym 10:30am- 3:00pm	Ignite Metcon	Open Gym 10:30am- 3:00pm	9:30am WOD	10am Boxing	10:30am Boxing
3:30pm	WOD		WOD		WOD		WOD		WOD		10:45am Ignite Metcon	11:15am Varsity	9:30am to 12:30pm Open Gym
4:30pm	WOD	Varsity/ JV 4:30pm	WOD	Varsity/JV 4:30pm	WOD	Varsity/ JV 4:30pm	WOD	Varsity/JV 4:30pm	WOD	Varsity/JV 4:30pm	11:45am WOD		
5:00pm													
5:30pm	WOD	Personal Training / Specialty Programs	WOD	Ignite 6:00pm	WOD	Personal Training / Specialty Programs	WOD	Ignite 6:00pm	WOD	Personal Training / Specialty Programs	After 1:00, by appointment only		
6:00pm			WOD	Boxing 6:45pm	WOD		Boxing 6:45pm	Ignite Metcon					
6:30pm	WOD		WOD		WOD								
7:00pm													
7:30pm	LIFEWOD	Varsity	WOD	Private Training	LIFEWOD	Varsity	WOD	Private Training	Gym closes at 7:30pm on Fridays.				
8:00pm			WOD		WOD								
8:30pm	Ignite Metcon		WOD (intermed + athletes)	Ignite Metcon (Varsity incl)	Ignite Metcon		Ignite Metcon (Varsity incl)						

WOD = CrossFit "Workout of the Day"

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



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