

GROUP CLASS SCHEDULE - FALL 2020

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday			Sunday
	Main Gym	Front/FPK	Big Gym	Front/FPK	Big Gym	Front/FPK	Big Gym	Front/FPK	Big Gym	Front/FPK	Big Gym	Front Gym	FPK	Big Gym
5:30am	FP WOD	Inferno	FP WOD		FP WOD	Inferno	FP WOD		FP WOD	Inferno	7:30am FP WOD			Open Gym Max 10 9:00am - 10:15am
6:30am	FP WOD		FP WOD		FP WOD		FP WOD		FP WOD		8:30am FP WOD	8:30am CF Striking	8:30am CF Kids	
7:30am	Fit Over 40 (specialty)				Fit Over 40 (specialty)				Fit Over 40 (specialty)		9:30am FP WOD	9:30am Boxing	9:30am Preteen	Open Gym Max 10 10:30am - 11:45am
8:30am	FP WOD		FPWOD		FP WOD		FPWOD		FP WOD		10:30am FP WOD		10:30am Jr Varsity	
9:30am	FP WOD		FP WOD		FP WOD		FP WOD		FP WOD		11:30am FP WOD		11:30am Varsity	
12noon	FP WOD		FP WOD		FP WOD		FP WOD		FP WOD					
3:30pm	FP WOD	Varsity	FP WOD		FP WOD	Varsity	FP WOD		FP WOD					
4:30pm	FP WOD	Jr Varsity	FP WOD	4:00pm Varsity	FP WOD	Jr Varsity	FP WOD	4:00pm Varsity	FP WOD					
5:30pm	FP WOD	Preteen	FP WOD	5:00pm Preteen	FP WOD	Preteen	FP WOD	5:00pm Preteen	FP WOD					
6:30pm	FP WOD	Varsity (FPK). F/40 (specialty)	FP WOD		FP WOD	Varsity (FPK). F/40 (specialty)	FP WOD		FP WOD	Fit Over 40 (specialty)				
7:30pm	FP WOD		Comp WOD	7:00pm Jr Varsity	FP WOD		Comp WOD	7:00pm Jr Varsity						



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

Due to COVID, classes will each run 45 min with 15 min cleanup/change over