The Fighting Fit | Class Schedule 2019

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM		CrossFit 6:00 AM	CrossFit 6:00 AM	CrossFit 6:00 AM	CrossFit 6:00 AM	CrossFit 6:00 AM	
		CrossFit Masters 6:00 AM	F.I.R.E 6:00 AM	CrossFit Masters 6:00 AM	F.I.R.E 6:00 AM	CrossFit Masters 6:00 AM	
		F.I.R.E 6:00 AM		F.I.R.E 6:00 AM		F.I.R.E 6:00 AM	
8:00 PM	CrossFit 8:00 AM						CrossFit 8:00 AM
9:00 AM	CrossFit 9:00 AM	Kickboxing 9:00 AM	CrossFit 9:00 AM	Kickboxing 9:00 AM	CrossFit 9:00 AM	Kickboxing 9:00 AM	CrossFit 9:00 AM
			HIIT 9:15 AM				Kickboxing 9:00 AM
							CrossFit Masters 9:00 AM
10:00 AM							CrossFit Oly 10:00 AM
							F.I.R.E. 10:00 AM
							Krav Maga All Levels 10:00 AM
	GYM CLOSES FROM 11 AM - 4 PM | TUE/THR GYM CLOSES FROM 1 PM - 4 PM | MON/WED/FRI						
12:00 PM		CrossFit 12:00 PM		CrossFit 12:00 PM		CrossFit 12:00 PM	
5:00 PM		Bad Boys Juniors 5:00 PM	Bad Boys Juniors 5:00 PM	Bad Boys Juniors 5:00 PM	Bad Boys Juniors 5:00 PM	CrossFit 5:00 PM	
		CrossFit 5:00 PM	CrossFit 5:00 PM	CrossFit 5:00 PM	CrossFit 5:00 PM	CrossFit Masters 5:00 PM	
		CrossFit Masters 5:00 PM		CrossFit Masters 5:00 PM	Kids Krav Maga 5:00 PM		
		Kids Krav Maga 5:00 PM		Kids Krav Maga 5:00 PM			
6:00 PM		CrossFit 6:00 PM	CrossFit 6:00 PM	CrossFit 6:00 PM	CrossFit 6:00 PM		
		CrossFit Beginners 6:00 PM	CrossFit Beginners 6:00 PM	CrossFit Beginners 6:00 PM	CrossFit Beginners 6:00 PM		
		Kickboxing 6:00 PM	Kickboxing 6:00 PM	Kickboxing 6:00 PM	Kickboxing 6:00 PM		
		Krav Maga Levels 1 & 2 6:00 PM		Krav Maga Levels 1 & 2 6:00 PM	Krav Maga Open 6:00 PM		
7:00 PM		CrossFit 7:00 PM	CrossFit 7:00 PM	CrossFit 7:00 PM	CrossFit 7:00 PM		
		CrossFit Masters 7:00 AM	Thai Pads 7:00 PM	CrossFit Masters 7:00 PM			
		Krav Maga All Levels 7:00 PM	Spin 7:00 PM	Krav Maga All Levels 7:00 PM			
		Spin 7:00 PM		Spin 7:00 PM			
8:00 PM		Kickboxing 8:00 PM		Kickboxing 8:00 PM			