



Facility & Class Schedule

Updated: October 3, 2016

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 am	FA CrossFit	FA CrossFit	FA CrossFit	FA CrossFit	FA CrossFit		
7:00 am	FA CrossFit	FA CrossFit/ FA CrossFit LT	FA CrossFit	FA CrossFit/ FA CrossFit LT	FA CrossFit		
8:00 am	Open Gym	FA Flow Yoga	Open Gym	FA Flow Yoga	Open Gym		
9:00 am	FA CrossFit 9:15 am – 10:15 am		FA CrossFit 9:15 am – 10:15 am		FA CrossFit 9:15 am – 10:15 am	FA Row	
10:00 am	Personal Training / Open Gym					FA CrossFit Benchmark	FA Flow Yoga
11:00 am	FA Flow Yoga		FA Row		FA CrossFit	FA CrossFit	FA Flow Yoga 10:30 am– 11:30 am
12:00 pm	FA CrossFit	FA CrossFit Yoga	FA CrossFit	FA Flow Yoga	FA Row	FA CrossFit/ FA CrossFit LT	FA Flow Yoga
1:00 pm	Personal Training / Open Gym					FA Olympic Weight Lifting	
2:00 pm	Personal Training / Open Gym						
3:00 pm	Personal Training / Open Gym						
4:30 pm	FA CrossFit Yoga	FA Row	FA Row	FA CrossFit Yoga	FA Row		
5:30 pm	FA CrossFit	FA CrossFit	FA CrossFit	FA CrossFit	FA CrossFit		
	FA CrossFit Yoga			FA CrossFit Yoga			
6:30 pm	FA CrossFit	FA CrossFit	FA CrossFit	FA CrossFit	FA CrossFit		
7:30 pm	FA Olympic Weight Lifting	FA CrossFit LT	FA Olympic Weight Lifting	FA CrossFit LT	FA CrossFit LT		

FA Activity Center: Supervised Child Minding – Monday, Wednesday and Friday 9:00 am – 1:15 pm; Unsupervised - Monday, Wednesday and Friday- 8:00 am - 9:00am and 1:15 pm – 7:30 pm, Tuesday and Thursday 8:00 am – 7:30 pm, and Saturday 9:00 am to 2:00 pm.