

CrossFit Class Schedule

Monday- Friday:

Morning Classes: 5am, 6am, 7am, 8:00am

Open Gym from 9-11am

Lunch Hour Classes: 11am, 12pm,

Open Gym from 1-3pm

Afternoon Classes: 3:30pm, 4:30pm, 5:30pm, 6:30pm (No Class Friday @ 6:30pm)

Saturday Classes : 8am, 9am, 10am

Open gym 6-8am

**Please contact us before showing up for a class as we a 19 athlete limit on each class.*

CrossFit Pricing

12 Packages - \$80 per/package

12 - 30 instructional day pass

6 Packages - \$90 per/package

6 - 30 instructional day pass

1 Packages - \$105 per/package

1 - 30 instructional day pass

6 Packages - \$60 per/package

6 - 8 instructional day pass

Military / Police / Fire / Education Discounts

12 Packages - \$70 per/package

12 - 30 instructional day pass

6 Packages - \$80 per/package

6 - 30 instructional day pass

1 Packages - \$100 per/package

1 - 30 instructional day pass

6 Packages - \$55 per/package

6 - 8 instructional day pass

Family & group pricing available upon request