

K2 CrossFit Class Schedule



www.k2crossfit.com



@K2crossfit

UNLIMITED

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|---------------------|-------------------|-------------------|-------------------|-------------------|---------------------|-------------------------------------|
| 6:00 AM | CROSSFIT CLASS | CROSSFIT CLASS | CROSSFIT CLASS | CROSSFIT CLASS | CROSSFIT CLASS | CLOSED | CLOSED |
| 7:00 AM | CROSSFIT CLASS | CROSSFIT CLASS | CROSSFIT CLASS | CROSSFIT CLASS | CROSSFIT CLASS | CLOSED | CLOSED |
| 8:00 AM | CROSSFIT CLASS | CROSSFIT CLASS | CROSSFIT CLASS | CROSSFIT YOGA | CROSSFIT CLASS | CLOSED | CLOSED |
| 9:00 AM | AUTHORIZED ACCESS | AUTHORIZED ACCESS | AUTHORIZED ACCESS | AUTHORIZED ACCESS | AUTHORIZED ACCESS | CROSSFIT CLASS | CLOSED |
| 10:00 AM | OPEN GYM | AUTHORIZED ACCESS | OPEN GYM | AUTHORIZED ACCESS | OPEN GYM | CROSSFIT GYMNASTICS | CROSSFIT CLASS |
| 11:00 AM | CROSSFIT CLASS | CROSSFIT CLASS | CROSSFIT CLASS | CROSSFIT CLASS | CROSSFIT CLASS | AUTHORIZED ACCESS | CROSSFIT BARBELL / CROSSFIT YOGA |
| 12:00 PM | OPEN GYM | OPEN GYM | CROSSFIT YOGA | OPEN GYM | OPEN GYM | AUTHORIZED ACCESS | AUTHORIZED ACCESS |
| 1:00 PM | OPEN GYM | OPEN GYM | OPEN GYM | OPEN GYM | OPEN GYM | AUTHORIZED ACCESS | AUTHORIZED ACCESS |
| 2:00 PM | OPEN GYM | OPEN GYM | OPEN GYM | OPEN GYM | OPEN GYM | AUTHORIZED ACCESS | AUTHORIZED ACCESS |
| 3:00 PM | OPEN GYM | AUTHORIZED ACCESS | OPEN GYM | AUTHORIZED ACCESS | OPEN GYM | AUTHORIZED ACCESS | AUTHORIZED ACCESS |
| 4:00 PM | CROSSFIT CLASS | CROSSFIT YOGA | CROSSFIT CLASS | CROSSFIT CLASS | CROSSFIT CLASS | AUTHORIZED ACCESS | AUTHORIZED ACCESS |
| 5:00 PM | CROSSFIT CLASS | CROSSFIT CLASS | CROSSFIT CLASS | CROSSFIT CLASS | CROSSFIT CLASS | AUTHORIZED ACCESS | AUTHORIZED ACCESS |
| 6:00 PM | CROSSFIT CLASS | CROSSFIT CLASS | CROSSFIT CLASS | CROSSFIT CLASS | CROSSFIT CLASS | CLOSED | CLOSED |
| 7:00 PM | CROSSFIT CLASS | CROSSFIT CLASS | CROSSFIT CLASS | CROSSFIT CLASS | CROSSFIT CLASS | CLOSED | CLOSED |
| 8:00 PM | CROSSFIT GYMNASTICS | CROSSFIT YOGA | CROSSFIT BARBELL | CROSSFIT ROMWOD | AUTHORIZED ACCESS | CLOSED | CLOSED |

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| 8:00 AM | CROSSFIT CLASS | CROSSFIT CLASS | CROSSFIT CLASS | CROSSFIT YOGA | CROSSFIT CLASS | CLOSED | CLOSED |
| 9:00 AM | | | | | | | CLOSED |
| 10:00 AM | OPEN GYM | | OPEN GYM | | OPEN GYM | CROSSFIT GYMNASTICS | |
| 11:00 AM | | | | | | | CROSSFIT BARBELL / CROSSFIT YOGA |
| 12:00 PM | OPEN GYM | OPEN GYM | OPEN GYM | OPEN GYM | OPEN GYM | | |
| 1:00 PM | OPEN GYM | OPEN GYM | OPEN GYM | OPEN GYM | OPEN GYM | | |
| 2:00 PM | OPEN GYM | OPEN GYM | OPEN GYM | OPEN GYM | OPEN GYM | | |
| 3:00 PM | OPEN GYM | | OPEN GYM | | OPEN GYM | | |
| 4:00 PM | CROSSFIT CLASS | CROSSFIT YOGA | CROSSFIT CLASS | CROSSFIT CLASS | CROSSFIT CLASS | | |
| 5:00 PM | | | | | | | |
| 6:00 PM | | | | | | CLOSED | CLOSED |
| 7:00 PM | | | | | CROSSFIT CLASS | CLOSED | CLOSED |
| 8:00 PM | CROSSFIT GYMNASTICS | CROSSFIT YOGA | CROSSFIT BARBELL | CROSSFIT ROMWOD | | CLOSED | CLOSED |