

# K2 CrossFit Class Schedule



[www.k2crossfit.com](http://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 (KOREAN LECTURE)	CROSSFIT CLASS (KOREAN LECTURE)	CROSSFIT CLASS (KOREAN LECTURE)	CROSSFIT CLASS (KOREAN LECTURE)	CROSSFIT CLASS (KOREAN LECTURE)	CLOSED	CLOSED
9:00 AM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	CLOSED	CLOSED
10:00 AM	OPEN GYM	AUTHORIZED ACCESS	OPEN GYM	AUTHORIZED ACCESS	OPEN GYM	CROSSFIT PARTNER CLASS	CROSSFIT SCALED ENDURANCE CLASS
11:00 AM	CROSSFIT CLASS	CROSSFIT CLASS	CROSSFIT CLASS	CROSSFIT CLASS	CROSSFIT CLASS	SKILL CLASS	SKILL CLASS
12:00 PM	OPEN GYM	OPEN GYM	OPEN GYM	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	CROSSFIT CLASS (KOREAN LECTURE)	CROSSFIT CLASS (KOREAN LECTURE)	CROSSFIT CLASS (KOREAN LECTURE)	CROSSFIT CLASS (KOREAN LECTURE)	CROSSFIT CLASS (KOREAN LECTURE)	AUTHORIZED ACCESS	AUTHORIZED ACCESS
4:00 PM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	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	AUTHORIZED ACCESS	AUTHORIZED ACCESS	AUTHORIZED ACCESS	AUTHORIZED ACCESS	AUTHORIZED ACCESS	CLOSED	CLOSED