## **K2 CrossFit Class Schedule**



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| Time     | Monday                             | Tuesday                            | Wednesday                          | Thursday                           | Friday                             | Saturday               | Sunday                          |
|----------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------|---------------------------------|
| 6:00 AM  | CROSSFIT CLASS                     | CLOSED                 | CLOSED                          |
| 7:00 AM  | CROSSFIT CLASS                     | CLOSED                 | CLOSED                          |
| 8:00 AM  | OPEN GYM                           | OPEN CYM                           | OPEN GYM                           | OPEN GYW                           | OPEN GYM                           | CLOSED                 | CLOSED                          |
| 9:00 AM  | OPEN GYM                           | OPEN CYM                           | OPEN GYM                           | OPEN GYW                           | 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                     | SKILL CLASS            | SKILL CLASS                     |
| 12:00 PM | OPEN GYM                           | OPEN GYM                           | OPEN GYM                           | OPEN GYW                           | OPEN GYM                           | AUTHORIZED ACCESS      | AUTHORIZED ACCESS               |
| 1:00 PM  | OPEN GYM                           | OPEN GYM                           | OPEN GYM                           | OPEN GYW                           | OPEN GYM                           | AUTHORIZED ACCESS      | AUTHORIZED ACCESS               |
| 2:00 PM  | OPEN GYM                           | OPEN CYM                           | OPEN GYM                           | OPEN GYW                           | OPEN GYM                           | AUTHORIZED ACCESS      | AUTHORIZED ACCESS               |
| 3:00 PM  | CROSSFIT CLASS<br>(KOREAN LECTURE) | AUTHORIZED ACCESS      | AUTHORIZED ACCESS               |
| 4:00 PM  | OPEN GYM                           | OPEN GYM                           | OPEN GYM                           | OPEN GYW                           | OPEN GYM                           | AUTHORIZED ACCESS      | AUTHORIZED ACCESS               |
| 5:00 PM  | CROSSFIT CLASS                     | AUTHORIZED ACCESS      | AUTHORIZED ACCESS               |
| 6:00 PM  | CROSSFIT CLASS                     | CLOSED                 | CLOSED                          |
| 7:00 PM  | CROSSFIT CLASS                     | CLOSED                 | CLOSED                          |