

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|---------------------------|---------------------------|
| 5:30 AM | CROSSFIT | CROSSFIT | CROSSFIT | CROSSFIT | CROSSFIT | | |
| 6:15 AM | BjFit | BjFit | BjFit | BjFit | BjFit | | |
| 6:30AM | CROSSFIT | CROSSFIT | CROSSFIT | CROSSFIT | CROSSFIT | | |
| 6:45 AM | BjX | BjX | BjX | BjX | BjX | CROSSFIT 8:30AM | |
| 7:15 AM | BjFit | BjFit | BjFit | BjFit | BjFit | BjX 9:00AM | BjFit @ 9 AM |
| 7:30 AM | CROSSFIT | CROSSFIT | CROSSFIT | CROSSFIT | CROSSFIT | CROSSFIT 9:45AM | BjX @ 9:30 AM |
| 7:45 AM | BjX | BjX | BjX | BjX | BjX | BjFit @ 9:15am | CROSSFIT @ 9:30 AM |
| 8:15 AM | BjFit | BjFit | BjFit | BjFit | BjFit | BjX 10:00AM | BjFit @ 10 AM |
| 8:30 AM | CROSSFIT | CROSSFIT | CROSSFIT | CROSSFIT | CROSSFIT | CROSSFIT 11:00AM | BjX @ 10:30 AM |
| 9:30 PM | OPEN GYM 9:15am - 12:15PM | OPEN GYM 9:15am - 12:15PM | OPEN GYM 9:15am - 12:15PM | OPEN GYM 9:15am - 12:15PM | OPEN GYM 9:15am - 12:15PM | BjFit @ 10:15am | CROSSFIT @ 10:30 AM |
| | | | | | | BjX 11:00AM | BjFit @ 11:00 AM |
| | | | | | | BjFit @ 11:15am | BjX @ 11:30 AM |
| 12:00 PM | BjFit | BjFit | BjFit | BjFit | BjFit | BjX 12:00 PM | CROSSFIT 11:30AM |
| 12.15PM | CROSSFIT | CROSSFIT | CROSSFIT | CROSSFIT | CROSSFIT | ACADEMY 11:00 AM | BjFit @ 12 PM |
| 12.30PM | BjX | BjX | BjX | BjX | BjX | Mobility @ 12:15 PM | BjX @ 12:30 PM |
| 1:30 PM | OPEN GYM 1- 5pm | OPEN GYM 1- 5pm | OPEN GYM 1- 5pm | OPEN GYM 1- 5pm | OPEN GYM 1- 5pm | OPEN GYM 12:00pm - 2pm | OPEN GYM 12:30pm - 2pm |
| 4:15 PM | BjFit | BjFit | BjFit | BjFit | BjFit | | |
| 4:30 PM | BjX | BjX | BjX | BjX | BjX | | |
| 5:15 PM | BjFit | BjFit | BjFit | BjFit | BjFit | | |
| 5:15 PM | CROSSFIT | CROSSFIT | CROSSFIT | CROSSFIT | CROSSFIT | | |
| 5:30 PM | BjX | BjX | BjX | BjX | BjX | | |
| 6:15 PM | BjFit | BjFit | BjFit | BjFit | BjFit | | |
| 6.30PM | CROSSFIT | CROSSFIT | CROSSFIT | CROSSFIT | CROSSFIT | | |
| 6:30 PM | BjX | BjX | BjX | BjX | BjX | | |
| 7:15 PM | BjFit | BjFit | BjFit | BjFit | BjFit | | |
| 7:30 PM | CROSSFIT | CROSSFIT | CROSSFIT | CROSSFIT | | | |
| 7:30 PM | BjX | BjX | BjX | BjX | BjX | | |
| 7:30 PM | ACADEMY | ACADEMY | ACADEMY | ACADEMY | | | |
| 8:15 PM | BjFit | BjFit | BjFit | BjFit | | | |
| 8:30 PM | CROSSFIT | CROSSFIT | CROSSFIT | CROSSFIT | | | |