

BARK RIVER

CROSSFIT

MONDAY

5:30am CrossFit
6:30am CrossFit
8am CrossFit
9am CrossFit
10am Bootcamp
12pm CrossFit
1-5pm Open Gym
4pm Teens
5pm CrossFit
6pm Barbell

TUESDAY

5:30am CrossFit
6:30am CrossFit
8am CrossFit
9am CrossFit
10am Barbell
12pm CrossFit
1-5pm Open Gym
4pm Kids 3-5yo
4:30pm Kids 6-12yo
5pm CrossFit

WEDNESDAY

5:30am CrossFit
6:30am CrossFit
8am CrossFit
9am CrossFit
10am Bootcamp
12pm CrossFit
1-5pm Open Gym
4pm Teens
5pm CrossFit

THURSDAY

5:30am CrossFit
6:30am CrossFit
8am CrossFit
9am CrossFit
10am Barbell
12pm CrossFit
1-5pm Open Gym
4pm Kids 3-5yo
4:30pm Kids 6-12yo
5pm CrossFit
6pm Barbell

FRIDAY

5:30am CrossFit
6:30am CrossFit
8am CrossFit
9am CrossFit
10am Bootcamp
12pm CrossFit
1-5pm Open Gym
4pm Teens
5pm CrossFit

SATURDAY

7:30am Barbell
8am CrossFit
9am CrossFit
10am Bootcamp
10-12pm Open Gym

SUNDAY

8 a.m. - 12 p.m. Open Gym