



PIT CLASS SCHEDULE

Effective January 22, 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 am CrossFit		5 am CrossFit		5 am CrossFit	
6 am Afterburn	6 am Afterburn	6 am Afterburn	6 am Afterburn	6 am Afterburn	8:15 am Afterburn
9 am Afterburn	9 am Afterburn	9 am Afterburn	9 am Afterburn	9 am Afterburn	9:15 am Afterburn
10:00-10:30am CrossFit Kids Ages 3-5	10:00-10:30am Ninja Kids Ages 3 & Up	10:00-10:30am CrossFit Kids Ages 3-5	10:00-10:30am Ninja Kids Ages 3 & Up	10:00-10:30am CrossFit Kids Ages 3-5	10:15 am CrossFit
11 am Afterburn	10:30 am Crossfit Legends Ages 50+		10:30 am Crossfit Legends Ages 50+	11 am Afterburn	
12 pm CrossFit	12 pm Afterburn	12 pm CrossFit	12 pm Afterburn	12 pm CrossFit	
12 pm Effort		12 pm Effort		12 pm Effort	
1pm – 3:30 pm Reserved For CFC		1pm – 3:30 pm Reserved For CFC			
4:30 pm Afterburn	4:30 pm Afterburn	4:30 pm Afterburn	4:30 pm Afterburn		
4:30-5:00 pm CrossFit Kids Ages 6-8		4:30-5:00 pm CrossFit Kids Ages 6-8			
5:30-6:00 pm CrossFit Kids Ages 9-12		5:30-6:00 pm CrossFit Kids Ages 9-12			
6 pm CrossFit	6 pm CrossFit	6 pm CrossFit	6 pm CrossFit		

The PIT is RESERVED when class is in session, please use the wellness center if not attending class.