



## PIT CLASS SCHEDULE

EFFECTIVE April 29, 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 am <b>CrossFit</b>	5am <b>CrossFit</b>	5 am <b>CrossFit</b>	5am <b>CrossFit</b>	5 am <b>CrossFit</b>	
6 am <b>AFTER BURN</b>	6 am <b>AFTER BURN</b>	6 am <b>AFTER BURN</b>	6 am <b>AFTER BURN</b>	6 am <b>AFTER BURN</b>	<b>OPEN GYM</b> 6-8 am
<b>OPEN GYM</b> 7-8:45 am	<b>OPEN GYM</b> 7-8:45 am	<b>OPEN GYM</b> 7-8:45 am	<b>OPEN GYM</b> 7-8:45 am	<b>OPEN GYM</b> 7-8:45 am	8:15 am <b>AFTER BURN</b>
9 am <b>AFTER BURN</b>	9 am <b>AFTER BURN</b>	9 am <b>AFTER BURN</b>	9 am <b>AFTER BURN</b>	9 am <b>AFTER BURN</b>	9:15 am <b>AFTER BURN</b>
10-10:30am <b>CrossFit Kids</b> Ages 3-5	10-10:30am <b>Ninja Kids</b> Ages 3+	10-10:30am <b>CrossFit Kids</b> Ages 3-5	10-10:30am <b>Ninja Kids</b> Ages 3+	10-10:30am <b>CrossFit Kids</b> Ages 3-5	10:15 am <b>CrossFit</b>
11 am <b>AFTER BURN</b>	10:30 am <b>CrossFit Legends</b> Ages 50+	<b>OPEN GYM</b> 10:30-11:45 am	10:30 am <b>CrossFit Legends</b> Ages 50+	11 am <b>AFTER BURN</b>	<b>OPEN GYM</b> 11:15 am-Close
12 pm <b>CrossFit</b>	12 pm <b>AFTER BURN</b>	12 pm <b>CrossFit</b>	12 pm <b>AFTER BURN</b>	12 pm <b>CrossFit</b>	
12 pm <b>Effort.</b>		12 pm <b>Effort.</b>		12 pm <b>Effort.</b>	
1-3:30 pm <b>Reserved</b> for CFC	<b>OPEN GYM</b> 1-4:15 pm	1-3:30 pm <b>Reserved</b> for CFC	<b>OPEN GYM</b> 1-4:15 pm	<b>OPEN GYM</b> 1 pm-Close	
<b>OPEN GYM</b> 3:30-4:15 pm		<b>OPEN GYM</b> 3:30-4:15 pm			
4:30 pm <b>AFTER BURN</b>	4:30 pm <b>AFTER BURN</b>	4:30 pm <b>AFTER BURN</b>	4:30 pm <b>AFTER BURN</b>		
5:30-6pm <b>CrossFit Kids</b> Ages 6-8, 9-12	5:30 pm <b>Effort.</b>	5:30-6pm <b>CrossFit Kids</b> Ages 6-8, 9-12	5:30 pm <b>Effort.</b>		
6 pm <b>CrossFit</b>	6 pm <b>CrossFit</b>	6 pm <b>CrossFit</b>	6 pm <b>CrossFit</b>		
<b>OPEN GYM</b> 7 pm-Close	<b>OPEN GYM</b> 7pm-Close	<b>OPEN GYM</b> 7pm-Close	<b>OPEN GYM</b> 7pm-Close		

The PIT is RESERVED when class is in session. Please use the wellness center if not attending class.  
No programming on Sundays - open gym during facility hours.