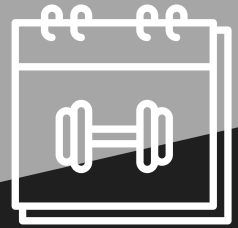




# WEEKLY SCHEDULE



## MONDAY- FRIDAY

**AM**

5am – Open Gym  
6am – CrossFit & OA Fit  
7am – CrossFit & OA Fit  
8am – CrossFit & OA Fit  
9am – CrossFit & OA Fit

**PM**

4pm CrossFit & OA Fit  
5pm CrossFit & OA Fit  
6pm CrossFit & OA Fit  
7pm CrossFit & OA Fit  
\*No 7pm Thursdays & Friday.

### OA CROSSFIT

OUR REGULARLY SCHEDULED PROGRAM  
HIGH INTENSITY TRAINING  
BARBELL / OLYMPIC LIFTING  
GYMNASTICS  
CARDIO  
KETTLEBELLS / DUMBELLS  
SQUATING / JUMPING  
RUNNING / ROWING / SKIING  
ETC.

### OA FIT

OUR SCALED PROGRAMMING  
GREAT FOR NEW OR BEGINNERS  
NO BARBELL  
MODIFIED FOR ANY LEVEL, AGE, ABILITY  
WE MAKE IT FUN AND COMFORTABLE  
STEPPING STONE INTO YOUR FITNESS JOURNEY

## DROP-INS

AVAILABLE EVERY CLASS TIME  
OFFERED. JOIN US ANYTIME.

**20.00**

Please register via our  
website prior to attending.

## SATURDAY PARTNER WORKOUT

8:00am  
9:30am

Fun workout with partner. Coaches will partner up members and guests. Feel free to come with someone or solo. Either way it's going to be great.

## SUNDAY CLASS & OPEN GYM

9:00am

## OPEN GYM

AVAILABLE EVERY CLASS TIME  
OFFERED. JOIN US ANYTIME.

TAKE ADVANTAGE OF OUR 5,000  
SQUARE FOOT FACILITY.

OUTDOOR WORKOUT SPACE THAT  
HAS OVER 7,000 SQ FEET, 40 PULL-  
UP SPOTS, AND SPACE FOR ANY  
WORKOUT.

PURCHASE DROP-IN ON SITE.

