



PIT CLASS SCHEDULE

Effective October 15, 2024

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	10:30 am Crossfit Legends Ages 50+	10:00-10:30am CrossFit Kids Ages 3-5	10:30 am Crossfit Legends Ages 50+	10:00-10:30am CrossFit Kids Ages 3-5	10:15 am CrossFit
11 am Afterburn				11 am Afterburn	
12 pm CrossFit	12 pm Afterburn	12 pm CrossFit	12 pm Afterburn	12 pm CrossFit	12 pm Climb Fit
12 pm Effort		12 pm Effort		12 pm Effort	
	1:15-3:15 pm Reserved For CFC		1:15-3:15 pm Reserved For CFC		2 pm Athletic Performance
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		
5:30 pm Athletic Performance		5:30 pm Athletic Performance			

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