













































# The PIT Studio Schedule

EFFECTIVE: Sept. 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> 	
6-7 am <b>AFTER BURN</b> 	6 am <b>AFTER BURN</b> 	6-7 am <b>AFTER BURN</b> 	6 am <b>AFTER BURN</b> 	6-7 am <b>AFTER BURN</b> 	
	8 am <b>Effort.</b> 		8 am <b>Effort</b> 		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 Zone</b> Ages 3+	10-10:30am <b>CrossFit Kids</b> Ages 3-5 	10-10:30am <b>Ninja Zone</b> Ages 3+	10-10:30am <b>CrossFit Kids</b> Ages 3-5 	10:15-11:15 am <b>CrossFit</b> 
11 am <b>AFTER BURN</b> 	10:30 am <b>CrossFit Legends</b> Ages 50+		10:30 am <b>CrossFit Legends</b> Ages 50+	11 am <b>AFTER BURN</b> 	
12 pm <b>Effort</b> 	12 pm <b>AFTER BURN</b> 	12 pm <b>Effort.</b> 	12-1 pm <b>AFTER BURN</b> 	12-1 pm <b>Effort.</b> 	
1-3:30 pm <b>Reserved</b> for CFC 		1-3:30 pm <b>Reserved</b> for CFC 			
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> 		
6-7 pm <b>CrossFit</b> 	6-7 pm <b>CrossFit</b> 	6-7 pm <b>CrossFit</b> 	6-7 pm <b>CrossFit</b> 		

**OPEN GYM:** If I'm not taking a class, when can I use The PIT Studio?

## The PIT Studio:

Reserved for classes. Closes 15 min. before class for set up.  
OPEN when class is out.

## The Body Shop:

Rollup garage door area.  
Always OPEN!