



THE SUB STATION CLASS SCHEDULE

EFFECTIVE April 29, 2025

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

The Sub Station 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.