



The PIT Studio Schedule

EFFECTIVE: Sept. 29, 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 am CrossFit 	5am CrossFit 	5 am CrossFit 	5am CrossFit 	5 am CrossFit 	
6-7 am 	6 am 	6-7 am 	6 am 	6-7 am 	
	8 am Effort. 		8 am Effort 		8:15 am 
9 am 	9 am 	9 am 	9 am 	9 am 	9:15 am 
10-10:30am CrossFit Kids Ages 3-5 	10-10:30am Ninja Zone Ages 3+	10-10:30am CrossFit Kids Ages 3-5 	10-10:30am Ninja Zone Ages 3+	10-10:30am CrossFit Kids Ages 3-5 	10:15-11:15 am  CrossFit
11 am 	10:30 am CrossFit Legends Ages 50+		10:30 am CrossFit Legends Ages 50+	11 am 	
12 pm Effort 	12 pm 	12 pm Effort. 	12-1 pm 	12-1 pm Effort. 	
4:30 pm 	4:30 pm 	4:30 pm 	4:30 pm 		
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. 		
6-7 pm 	6-7 pm 	6-7 pm 	6-7 pm 		

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!