



The PIT Studio Schedule

EFFECTIVE: Jan. 5, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 am CrossFit		5 am CrossFit			
6-7 am AFTER BURN	6 am AFTER BURN	6-7 am AFTER BURN	6 am AFTER BURN	6-7 am AFTER BURN	
					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 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 AFTER BURN	10:30 am CrossFit Legends Ages 50+		10:30 am CrossFit Legends Ages 50+	11 am AFTER BURN	
12 pm effort.	12 pm AFTER BURN	12 pm effort.	12-1 pm AFTER BURN	12-1 pm effort.	
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.		
6-7 pm CrossFit	6-7 pm CrossFit	6-7 pm CrossFit	6-7 pm CrossFit		

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!