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| **CROSSFIT IMPI CLASS SCHEDULE** |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
|   |   |   |   |   |   |
| **6am - CrossFit** | **6am - CrossFit** | **6am - CrossFit** | **6am - CrossFit** | **6am - CrossFit** |   |
| **7am - CrossFit** | **7am - CrossFit** | **7am - CrossFit** | **7am - CrossFit** | **7am - CrossFit** | **7am - CrossFit** |
| **8am - CrossFit** | **8am - CrossFit** | **8am - CrossFit** | **8am - CrossFit** | **8am - CrossFit** | **8am - CrossFit** |
| **9am - Ladies HIIT** | 9am – Intro & Fundamentals Class | **9am - Ladies HIIT** |   | **9am - Ladies HIIT** | **9am - Ladies HIIT** |
|  10am – Open Gym |   |  10am – Open Gym |   |  10am – Open Gym |   |
| 11am – Open Gym  |   | 11am – Open Gym  |   | 11am – Open Gym  |   |
| 12pm – Open Gym  |   | 12pm – Open Gym  |   | 12pm – Open Gym  |   |
|  |  |  |  |   |   |
| 3:30 PM – Kids & Teens  | 3:30 PM – Kids & Teens  | 3:30 PM – Kids & Teens  | 3:30 PM – Kids & Teens  |   |   |
| **4:30 PM - CrossFit** | **4:30 PM - CrossFit** | **4:30 PM - CrossFit** | **4:30 PM - CrossFit** | **4pm - CrossFit** |   |
| **5:30 PM - CrossFit** | **5:30 PM - CrossFit** | **5:30 PM - CrossFit** | **5:30 PM - CrossFit** | **5pm - CrossFit** |   |
| **6:30 PM - CrossFit** | **6:30 PM - CrossFit** | **6:30 PM - CrossFit** | **6:30 PM - CrossFit** |  |   |

**For more info contact**

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