



ZONE EAST PREMIER CLASS SCHEDULE

PULSE ZONE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM	XGT	IGNITE	XGT	IGNITE	XGT	
8:00AM	IGNITE		IGNITE		IGNITE	
9:00AM		XGT		XGT		XGT
5:30PM	XGT	IGNITE	XGT	IGNITE	XGT	
6:30PM	IGNITE	XGT	IGNITE	XGT		

CROSSFIT ZONE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00AM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
6:00AM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
8:00AM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
9:00AM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT
12:00PM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
4:00PM		KIDS		KIDS		
4:30PM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
5:30PM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
6:30PM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	

Starting December 3rd