

Premier Class Schedule



PulseZone

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am	<i>Ignite</i>	Knockout	<i>Ignite</i>	Knockout	<i>Ignite</i>	
8am	<i>Ignite</i>		<i>Ignite</i>		<i>Ignite</i>	
9am						<i>Ignite</i>
12pm	Focus-Fit Box		Focus-Fit Box		Focus-Fit Box	
5:30pm	<i>Ignite</i>	Knockout	<i>Ignite</i>	Knockout	<i>Ignite</i>	
6:30pm	Knockout	<i>Ignite</i>	Knockout	<i>Ignite</i>		

CFZHF



5am	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
6am	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
8am	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
9am	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT
12pm	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
4pm		CrossFit Kids		CrossFit Kids		
4:30pm	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
5:30pm	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
6:30pm	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	