



UNBOUND ATHLETIC - CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CrossFit 5 am	CrossFit 5 am	CrossFit 5 am	CrossFit 5 am	CrossFit 5 am	CrossFit 6.30 am	
CrossFit 6 am	Grit 6 am	CrossFit 6 am	Hit 6 am	CrossFit 6 am	Hit 7.30 am	Open Gym 8 - 11 am
CrossFit 9.30 am	CrossFit 9.30 am	CrossFit 9.30 am	Grit 9.30 am	CrossFit 9.30 am	CrossFit 8.30 am	

CrossFit 3.30 pm	CrossFit 3.30 pm	CrossFit 3.30 pm	CrossFit 3.30 pm	CrossFit 3.30 pm
CrossFit 4.30 pm	CrossFit 4.30 pm	CrossFit 4.30 pm	CrossFit 4.30 pm	CrossFit 4.30 pm
Grit 5.30 pm	Olympic lifting 5.30 pm	Grit 5.30 pm	Functional Strength 5.30 pm	CrossFit 5.30 pm
CrossFit 6.30 pm	Hit 6.30 pm	CrossFit 6.30 pm	Hit 6.30 pm	

Note:
Open Gym Hours
M - 5am - 8pm
T - 5am - 8pm
W - 5am - 8pm
T - 5am - 8pm
F - 5am - 7pm
S - 6.30am - 11am
S - 8am - 11am