

GENERAL CROSSFIT

6:00 AM - 7:00 AM	MON - FRI
7:00 AM - 8:00 AM	MON - FRI
**11:00 AM - 12:00 PM	MON - FRI
12:00 PM - 1:00 PM	MON - FRI
4:00 PM - 5:00 PM	MON - FRI
5:00 PM - 6:00 PM	MON - FRI
6:00 PM - 7:00 PM	MON - FRI
7:00 PM - 8:00 PM	MON - FRI
9:00 AM - 10:00 AM	SAT

**MOBILITY & CONDITIONING CLASS

OLYMPIC WEIGHTLIFTING

5:30 PM - 7:00 PM	MON - FRI
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BASIC ORIENTATION (BO)

7:00 AM - 8:00 AM	MON-TUE, THUR-FRI
7:00 PM - 8:00 PM	MON-TUE, THUR-FRI
10:00 AM - 1:00 PM	SUN (MAKEUPS ONLY)

YOGA

7:15 PM - 8:15 PM	THUR
10:00 AM - 11:00 AM	SUN

BOOTCAMP

6:00 AM - 7:00 AM	MON - FRI
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OPEN GYM

6:00 AM - 9:00 PM	MON - FRI
9:00 AM - 2:00 PM	SAT
10:00 AM - 2:00 PM	SUN

**NOT TO INTERFARE W/SCHEDULED CLASSES

FREE TRIAL

10:00 AM - 11:00 AM	SAT
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**THE FREE TRIAL CLASS IS AN INTRODUCTORY COURSE TO THE CROSSFIT WORLD AND THE BEAR REPUBLIC COMMUNITY.

DIETITIAN | NUTRITIONIST

6:00 PM - 9:00 PM	MON
12:00 PM - 3:00 PM	THUR

COMPETITORS

2:00 PM - 4:00 PM	MON - WED
2:00 PM - 4:00 PM	FRI
10:00 AM - 12:00 PM	SAT