

# CROSSFIT 646 (NORTH Location) 8591 N. Silverbell Rd.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<i>5-7am, 9-10am &amp; 4:30pm-6:30pm Open Gym</i>					<b>OPEN GYM RULES:</b> *Uses membership/sessions *646 Programming only *Classes have priority	
5am CrossFit	5am CrossFit	5am CrossFit	5am CrossFit	5am CrossFit		
6am CrossFit	6am CrossFit	6am CrossFit	6am CrossFit	6am CrossFit		
<i>Closed 7am-9am *Appt. only</i>					7am CrossFit	*Cancelled 1 <sup>st</sup> Sunday of the month
					8am CrossFit	
9am CrossFit	9am CrossFit	9am CrossFit	9am CrossFit	9am CrossFit	9am CrossFit	9-11am Sunday Funday *FREE w/ membership
<i>Closed 10am-4:30pm *Appt. only</i>					7-10am Open Gym	
4:30pm CrossFit	4:30pm CrossFit	4:30pm CrossFit	4:30 CrossFit	4:30pm CrossFit		
5:30pm CrossFit	5:30pm CrossFit	5:30pm CrossFit	5:30 CrossFit	5:30pm CrossFit		