

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am CrossFit	5am CrossFit	5am CrossFit	5am CrossFit	5am CrossFit		
6am CrossFit	6am CrossFit	6am CrossFit	6am CrossFit	6am CrossFit		
7am CrossFit	7am CrossFit	7am CrossFit	7am CrossFit	7am CrossFit	7am CrossFit	
Closed *Appt. only					8am CrossFit	
9am CrossFit	9am CrossFit	9am CrossFit	9am CrossFit	9am CrossFit	9am CrossFit	9am CrossFit
Closed *Appt. only						10-11am Sunday Funday *FREE w/membership
4pm CrossFit	4pm CrossFit	4pm CrossFit	4pm CrossFit	4pm CrossFit		
5pm CrossFit	5pm CrossFit	5pm CrossFit	5pm CrossFit	5pm CrossFit		
6pm CrossFit	6pm CrossFit	6pm CrossFit	6pm CrossFit	6pm CrossFit		

Interested in becoming a member?

Come try a CrossFit class or schedule a time to meet with a CrossFit coach and see what Training at 646 is all about!

Contact: [admin@crossfit646.com](mailto:admin@crossfit646.com)

*\*Discounts and membership information inside and on our website @WWW.CROSSFIT646.COM*

**GROUPS AND TEAMS @ CROSSFIT646:** 646 Cycling Group, 646 Olympic Weightlifting, CrossFit 646 Competitor Team, 646 Hiking Group, In- House Competitions, Local Competitions, Events & Challenges

**VISITING FROM OUT OF TOWN? \*\*Must have CrossFit experience! \*\*Please email to register for a class**

Drop-In 1-Class=\$20

Drop In 3-Classes=\$45

Drop-In Unlimited (1 Week) =\$60

Drop-In Unlimited (2 Weeks) =\$100