

CROSSFIT 646 (TUCSON Location) 75 W. River 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		
Closed *Appt. only					7am CrossFit	
					8am CrossFit	
9am CrossFit	9am CrossFit	9am CrossFit	9am CrossFit	9am CrossFit	9-11	9am CrossFit
10am-12pm Open Platforms/Gym					Competitor	10-11am
					Team Training	Sunday Funday
					11am CrossFit	*FREEw/membership
12pm CrossFit	12pm CrossFit	12pm CrossFit	12pm CrossFit	12pm CrossFit	12pm CrossFit	
Closed *Appt. only					OPEN PLATFORMS/GYM RULES: *Uses membership/sessions *646 Programming only *Classes have priority	
4:30pm CrossFit	4:30pm CrossFit	4:30pm CrossFit	4:30pm CrossFit	4:30pm CrossFit		
5:30pm CrossFit	5:30pm CrossFit	5:30pm CrossFit	5:30pm CrossFit	5:30pm CrossFit		
6:30pm CrossFit	6:30pm CrossFit	6:30pm CrossFit	6:30pm CrossFit	6:30pm CrossFit		

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
4pm CrossFit	4pm CrossFit	4pm CrossFit	4pm CrossFit	4pm CrossFit		Sunday Funday
5pm CrossFit	5pm CrossFit	5pm CrossFit	5pm CrossFit	5pm CrossFit		*FREE w/membership
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

**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