our schedule

mon - thurs

5:00AM	-	6:00AM	crossfit
6:00AM	-	7:00AM	crossfit
6:00AM	-	7:00AM	powerbuilding
7:00AM	-	8:00AM	crossfit
9:00AM	-	10:00AM	crossfit
4:30PM	-	5:30PM	crossfit
6:30PM	-	7:30PM	crossfit

friday

5:00AM	-	6:00AM	crossfit
6:00AM	-	7:00AM	crossfit
6:00AM	-	7:00AM	powerbuilding
7:00AM	-	8:00AM	crossfit
9:00AM	-	10:00AM	crossfit
4:30PM	-	5:30PM	crossfit
5:30PM	-	6:30PM	crossfit

mon, wed, fri

3:30PM	-	4:30PM	teens

sat

7:00AM	-	8:00AM	crossfit
8:00AM	-	9:00AM	crossfit
9:00AM	-	10:00AM	crossfit

our classes

crossfit

Combining cardio endurance, body weight movements, and weightlifting, CrossFit Group classes help you get the most out of your time in the gym. These 60 minute group classes are lead by qualified and professional coaches, who's number one goal is to help you be safe, and reach your fitness potential no matter your current fitness level!

kids class

We stand behind teaching good and healthy habits to our youth and that is what our 'Kid's Class' is designed to do! These 45 min long, coach lead classes make fitness FUN while teaching the kids proper mechanics and techniques that will allow them to progress as they grow. (For ages 7-11)

teens

These CrossFit classes are reserved and tailored specifically for our teen athletes. Lasting 60 minutes, a qualified coach is there to ensure proper technique is learned and that our athletes are developing good mechanics and habits. But don't be fooled, these classes aren't any easier! (For ages 12-18)

powerbuilding

A spin on your traditional powerlifting, our "Powerbuilding" classes combine your "big 3" exercises (Dead lift, Squat, and Bench press) with auxiliary exercises that will allow for our athletes to get an overall great strength based workout. With our qualified powerlifting coach running every class, just get ready to show up, put in the work, and get stronger!

All crossfit classes will be held in the West gym

All kids class are held on tues and thur at 3:45pm