

REBUILT

SUMMER SCHEDULE 6/21/21 - 9/3/21

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am	METCON	OPEN GYM	METCON	OPEN GYM	METCON		
7:30am	METCON	OPEN GYM	METCON	OPEN GYM	METCON		
8:30am	METCON	METCON	METCON	METCON	METCON	9:30-10:30 Olympic Lifting	
9:30-12:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	10:30-11:30 COMMUNITY CLASS	
12:00pm	METCON	METCON	METCON	METCON	METCON		
1:00pm	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		
2:00-3:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Want to come	
3:00-4:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Workout?	
4:00-5:30pm	Open Gym	Open Gym	Open Gym	Open Gym	4:30-5:30 METCON	JUST LET US KNOW!	
5:30-6:00pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
6:00pm	METCON	METCON	METCON	BUTTS+GUTS			

**YOU CAN ALSO REQUEST ACCESS OUTSIDE OF SCHEDULED TIMES. JUST LET US KNOW!