



Sands Fitness Class Schedule

Time	Sunday	Monday	Tuesday	Wednesday	Thursday
6:00am	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit
7:00am	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit
8:30am	CrossFit Ignite	CrossFit Ignite	CrossFit Ignite	CrossFit Ignite	CrossFit Ignite
9:30am	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit
10:30am to 4:00pm	Off Peak (Open Gym)				Off Peak (Open Gym) 3:00 Kids
4:00pm	Teens/PreTeens	4:15 Kids	Teens/PreTeens	Teens/PreTeens	CrossFit
5:00pm	CrossFit Ignite	CrossFit Ignite	CrossFit Ignite	CrossFit Ignite	CrossFit Ignite
6:00pm	CrossFit Ignite	CrossFit Ignite	CrossFit Ignite	CrossFit Ignite	CrossFit Ignite
7:00pm	CrossFit Ignite	CrossFit Ignite	CrossFit Ignite	CrossFit Ignite	CrossFit
8:00pm	CrossFit	CrossFit	CrossFit	CrossFit	CLOSED

Time	Friday	Saturday
6:00 am	CLOSED	CLOSED
7:00 am		CLOSED
8:00am	CrossFit	CrossFit
9:00am	CrossFit	CrossFit
10:00am	CrossFit	CrossFit
11:00am	CLOSED	Teens/PreTeens
12:15pm		Kids
1:00pm		OFF PEAK
4:00pm		
5:00pm		CrossFit
6:00pm		CrossFit
7:00pm		CLOSED
8:00pm		