

Fortius Daily Schedule

As of March 1st, 2017

Thursday

Oly Lifting / Powerlifting

Open Gym (5:30-12pm)

WL / PL Coaching (12-1:30pm)

Open Gym (1:30-5pm)

WL / PL Coaching (5-

8pm)

Additional Classes

Fortius Kids (4-5pm)

Competitor Class (6 -8pm)

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		Monday		Tuesday				Wednesday			
	CrossFit	Oly Lifting / Powerlifting	Additional Classes	CrossFit	Oly Lifting / Powerlifting	Additional Classes	CrossFit	Oly Lifting / Powerlifting	Additional Classes	CrossFit	
5:30 AM	CF Class			CF Class			CF Class			CF Class	Γ
6:30 AM	CF Class			CF Class			CF Class			CF Class	1
7:30 AM	Open Gym (7:30-9am)	Open Gym (5:30-		Open Gym (7:30-9am)	Open Gym (5:30- 12pm)		Open Gym (7:30-9am)	Open Gym (5:30-		Open Gym (7:30-9am)	,
9:00 AM	CF Class	12pm)		CF Class	ΙΖΡΙΙΙΙ		CF Class	12pm)		CF Class	
10:00 AM											
11:00 AM	Open Gym (10-12pm)			Open Gym (10-12pm)			Open Gym (10-12pm)			Open Gym (10-12pm)	
12:00 PM	CF Class	WL / PL Coaching (12- 1:30pm)		CF Class	WL / PL Coaching (12- 1:30pm)		CF Class	WL / PL Coaching (12- 1:30pm)		CF Class	W
1:00 PM		1.30рт			1.30pm)			1.30μπη			
2:00 PM	Open Gym (1:30-4pm)	Open Gym (1:30-4pm)		Open Gym (1:30-4pm)	Open Gym (1:30-4pm)		Open Gym (1:30-4pm)	Open Gym (1:30-4pm)		Open Gym (1:30-4pm)	,
3:00 PM		, , , , ,						, , , , , ,			Oį
4:00 PM	CF Class			CF Class		Fortius Kids (4-5pm)	CF Class		Yoga (4-5pm)	CF Class	
5:00 PM	CF Class	WL / PL Coaching (4-		CF Class	WL / PL Coaching (4-		CF Class	WL / PL Coaching (4-		CF Class	
6:00 PM	CF Class	8pm)	Competitor Class (6 -	CF Class	8pm)	Competitor Class (6 - 8pm)	CF Class	8pm)		CF Class	٧
7:00 PM	CF Class		8pm)	CF Class		Yoga (7-8pm)	CF Class			CF Class	
		Friday		Saturday			Sunday				
	CrossFit	Oly Lifting / Powerlifting	Additional Classes	CrossFit	Oly Lifting / Powerlifting	Additional Classes	CrossFit	Oly Lifting / Powerlifting	Additional Classes		
5:30 AM	CF Class										
6:30 AM								<u> </u>			
	CF Class							<u> </u>			
7:30 AM	CF Class Open Gym (7:30-9am)	Open Gym (5:30-									
		Open Gym (5:30- 12pm)		CF Class		Fortius Kids (9-10am)					
9:00 AM 10:00 AM	Open Gym (7:30-9am) CF Class	Open Gym (5:30- 12pm)	Yoga (10-11am)	CF Class CF Class	WL/PL Coaching (9- 12pm)	Fortius Kids (9-10am)			CF Skills (10am-11am)		
9:00 AM 10:00 AM	Open Gym (7:30-9am)	Open Gym (5:30- 12pm)	Yoga (10-11am)		WL/PL Coaching (9- 12pm)	Fortius Kids (9-10am) Competitor Class (11 - 1pm)	Open Gym (10-1pm)		CF Skills (10am-11am)		
9:00 AM 10:00 AM	Open Gym (7:30-9am) CF Class	Open Gym (5:30- 12pm) WL / PL Coaching (12-	Yoga (10-11am)	CF Class	12pm)	Competitor Class (11 - 1pm) Mobility Class (12-	Open Gym (10-1pm)		CF Skills (10am-11am)		
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