



Fortius Daily Schedule

As of March 1st, 2017

	Monday			Tuesday			Wednesday			Thursday						
	CrossFit	Oly Lifting / Powerlifting	Additional Classes	CrossFit	Oly Lifting / Powerlifting	Additional Classes	CrossFit	Oly Lifting / Powerlifting	Additional Classes	CrossFit	Oly Lifting / Powerlifting	Additional Classes				
5:30 AM	CF Class	Open Gym (5:30-12pm)		CF Class	Open Gym (5:30-12pm)		CF Class	Open Gym (5:30-12pm)		CF Class	Open Gym (5:30-12pm)					
6:30 AM	CF Class			CF Class			CF Class			CF Class						
7:30 AM	Open Gym (7:30-9am)			Open Gym (7:30-9am)			Open Gym (7:30-9am)			Open Gym (7:30-9am)						
9:00 AM	CF Class			CF Class			CF Class			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)	Competitor Class (6-8pm)	CF Class	WL / PL Coaching (12-1:30pm)		CF Class	WL / PL Coaching (12-1:30pm)		CF Class	WL / PL Coaching (12-1:30pm)					
1:00 PM																
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)	Open Gym (1:30-4pm)		Open Gym (1:30-4pm)	Open Gym (1:30-5pm)		
3:00 PM																
4:00 PM	CF Class	WL / PL Coaching (4-8pm)		CF Class	WL / PL Coaching (4-8pm)	Fortius Kids (4-5pm)	CF Class	WL / PL Coaching (4-8pm)	Yoga (4-5pm)	CF Class	WL / PL Coaching (4-8pm)	Fortius Kids (4-5pm)				
5:00 PM	CF Class			CF Class			CF Class			CF Class						
6:00 PM	CF Class			Competitor Class (6-8pm)			CF Class			Competitor Class (6-8pm)			CF Class	WL / PL Coaching (5-8pm)	CF Class	Competitor Class (6-8pm)
7:00 PM	CF Class			CF Class			CF Class			Yoga (7-8pm)			CF Class	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	Open Gym (5:30-12pm)			WL/PL Coaching (9-12pm)			Open Gym (10-1pm)	Open Gym (10-1pm)	CF Skills (10am-11am)						
6:30 AM	CF Class															
7:30 AM	Open Gym (7:30-9am)															
9:00 AM	CF Class						Fortius Kids (9-10am)									
10:00 AM			Yoga (10-11am)	CF Class												
11:00 AM	Open Gym (10-12pm)			CF Class		Competitor Class (11-1pm)										
12:00 PM	CF Class	WL / PL Coaching (12-1:30pm)	Competitor Class (5-7pm)		WL & PL Team Training (12-2pm)											
1:00 PM				Open Gym (12-2pm)												
2:00 PM	Open Gym (1:30-4pm)	Open Gym (1:30-4pm)														
3:00 PM																
4:00 PM	CF Class	WL / PL Coaching (4-8pm)														
5:00 PM	CF Class			CF Class												
6:00 PM	CF Class			Competitor Class (5-7pm)			CF Class									
7:00 PM																