



Fortius Daily Schedule

As of November 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 (5:30-6am)		CF Class	Open Gym (5:30-6am)		CF Class	Open Gym (5:30-6am)		CF Class	Open Gym (5:30-6am)		
6:30 AM	CF Class	WL / PL Coaching (6-7:30am)		CF Class	WL / PL Coaching (6-7:30am)		CF Class	WL / PL Coaching (6-7:30am)		CF Class	WL / PL Coaching (6-7:30am)			
7:30 AM	Open Gym (7:30-8am)			Open Gym (7:30-8am)			Open Gym (7:30-8am)							
8:00 AM	CF Class	Open Gym (7:30am-12pm)		CF Class	Open Gym (7:30am-12pm)		CF Class	Open Gym (7:30am-12pm)		CF Class	Open Gym (7:30am-12pm)			
9:00 AM	CF Class			CF Class			CF Class							
10:00 AM	Open Gym (10-12pm)			Open Gym (10-12pm)			Open Gym (10-12pm)							
11:00 AM														
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	WL / PL Coaching (12-1:30pm)			
1:00 PM	Open Gym (1:30-3pm)			Open Gym (1:30-3pm)			Open Gym (1:30-3pm)							
2:00 PM		Open Gym (1:30-4pm)			Open Gym (1:30-4pm)			Open Gym (1:30-4pm)			Open Gym (1:30-5pm)			
3:00 PM	CF Class			CF Class			CF Class							
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)		CF Class	WL / PL Coaching (4-8pm)	Fortius Kids (4-5pm)		
5:00 PM	CF Class			CF Class					CF Class			CF Class		CF Skills (6-7pm) Mobility (7-8pm)
6:00 PM	CF Class			CF Class			CF Comp Class (6-8pm)			CF Class			CF Class	
7:00 PM	CF Class		CF Comp Class (6-8pm)	CF Class			CF Class		CF Class					
8:00 PM	CF Class	Open Gym (8pm-9pm)		CF Class	Open Gym (8pm-9pm)		CF Class	Open Gym (8pm-9pm)		CF Class	Open Gym (8pm-9pm)			

	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 (5:30-6am)						
6:30 AM	CF Class	WL / PL Coaching (6-7:30am)							
7:30 AM	Open Gym (7:30-8am)								
8:00 AM	CF Class	Open Gym (7:30am-12pm)		Gymnastics (8-9am)	Open Gym (8-9am)	Open Gym (8-9am)			
9:00 AM	CF Class			CF Class	WL/PL Coaching (9-12pm)	Fortius Kids (9-10am)	CF Class	WL / PL Coaching 9-11am)	
10:00 AM	Open Gym (10-12pm)		Yoga (10-11am)	CF Class					CF Class
11:00 AM				CF Class					
12:00 PM	CF Class	WL / PL Coaching (12-1:30pm)			WL & PL Team Training (12-2pm)		Open Gym 11am-1pm	Open Gym 11am-1pm	
1:00 PM	Open Gym (1:30-3pm)			Open Gym (12-2pm)					
2:00 PM		Open Gym (1:30-4pm)							
3:00 PM	CF Class								
4:00 PM	CF Class	WL / PL Coaching (4-8pm)							
5:00 PM	CF Class								
6:00 PM	CF Class								
7:00 PM	Open Gym (7-8pm)		CF Comp Class (6-8pm)						