

# CrossFit Q.F.E. Class Schedule

## Monday – Thursday

5:15am -6:15 am-WOD

6:15 am - 7:45 am-Open Gym

8:00 am- 9:00 am-WOD

9:15 am-10:15am-WOD

10:15 am - 11:45 am-Open Gym

12 noon-1:00 pm-WOD

1:15 pm-3:45pm- Open Gym (MON & WED ONLY)

4:00 pm - 5:00 pm-WOD

4:00pm-5:00 pm- BASICS (MON & WED ONLY)

5:15 pm - 6:15 pm-WOD

5:45 pm-6:45pm-OLY (TUES & THURS ONLY)

6:30 pm - 7:30 pm WOD

## Saturday

10:00 am-11:00 am-WOD

11:15 am-12:15 pm-WOD

12:30 pm-1:30 pm-WOD

## Sunday

CLOSED

## Friday

5:15am -6:15 am-WOD

6:15 am - 7:45 am-Open Gym

8:00 am- 9:00 am-WOD

9:15 am-10:15am-WOD

10:15 am – 11:45-Open Gym

12 noon-1:00 pm-WOD

1:15 pm:-3:45 pm- Open Gym

4:00 pm - 5:00 pm-WOD

4:00 pm-5:00 pm- BASICS

5:15 pm - 6:15 pm-WOD

## Foundations Schedule\*\*

7:00 – 8:00 pm Monday & Wednesday

5:45 – 6:45 pm Friday

9:00 – 10:00 am Saturday (Make Up)

## CF Tots/Kids/Teens Schedule\*\*\*\*

Tots (3-5) 4:00-4:30pm Tuesday & Thursday

9:00-9:30 am & 9:30-10:00am Saturday

Kids (6-12) 4:45-5:15 pm & 5:15-5:45pm Tuesday & Thursday

10:00-10:30 am & 10:30-11:00am Saturday

Teens (13-17) 4:00-5:00 pm & 5:15-6:15pm Mon, Wed & Fri

\*\*Each new member must complete **3 days of foundations classes** before transitioning to regular classes.

\*\*\*Minimum age for adult membership/class participation is 18 years old.

\*\*\*\*CF Tots & Kids classes are only 30 minutes long and limited to 15 participants.