



Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5AM - 6AM CrossFit ATC IAN	5AM - 6AM CrossFit ATC IAN	5AM - 6AM CrossFit ATC IAN	5AM - 6AM CrossFit ATC IAN	5AM - 6AM CrossFit ATC IAN		
6AM - 7AM CrossFit ATC IAN	6AM - 7AM CrossFit ATC IAN	6AM - 7AM CrossFit ATC IAN	6AM - 7AM CrossFit ATC IAN	6AM - 7AM CrossFit ATC IAN		
7AM - 8AM CrossFit ATC KELLY	7AM - 8AM CrossFit ATC KELLY	7AM - 8AM CrossFit ATC KELLY	7AM - 8AM CrossFit ATC KELLY	7AM - 8AM CrossFit ATC KELLY	7:30PM - 8:15PM Olympic Lifting KELLY	
8AM - 9AM CrossFit ATC MARIA	8AM - 9AM CrossFit ATC IAN	8AM - 9AM CrossFit ATC RICH	8AM - 9AM CrossFit ATC IAN	8AM - 9AM CrossFit ATC RICH	8:30PM - 9:15PM CrossFit ATC KELLY	
9AM - 10AM CrossFit ATC KELLY	9AM - 10AM CrossFit ATC RICH	9AM - 10AM CrossFit ATC KELLY	9AM - 10AM CrossFit ATC RICH	9AM - 10AM CrossFit ATC KELLY	9:45PM - 10:30PM CrossFit KIDS ATC KELLY	
		1:00PM - 2:00PM Adaptive CrossFit ATC ALL COACHES		4:30PM - 5:30PM CrossFit ATC IAN		
5:30PM - 6:30PM CrossFit ATC IAN	5:30PM - 6:30PM CrossFit ATC IAN	5:30PM - 6:30PM CrossFit ATC IAN	5:30PM - 6:30PM CrossFit ATC IAN	5:30PM - 6:30PM CrossFit ATC IAN		

All CrossFit ATC Classes require a pass to attend class. Please see front desk for more details.

Club reserves the right to edit, cancel, and/or change any class times, descriptions etc it deems necessary without notice. We apologize for any inconvenience this may cause. If you are unsure of the status of any class please check with the Club prior to attending the class or check our website (wraparoundtheclockfitness.com) for updates and other information. (All classes are "multi-level". ALERT INSTRUCTOR IF YOU ARE NEW.

Classes are one 1st come, 1st serve basis so arrive early.

