

| MO | DI | MI | DO | FR | SA | SO |
|------------------------------|------------------------------|------------------------------|----------------------------|------------------------------|--------------------------------|--------------------------------|
| 6:30-7:30 WOD | | 6:30-7:30 WOD | | 6:30-7:30 WOD | | |
| | | | | 8:00-9:00 Fitness WOD | | |
| 10:00 – 11:00 Fitness WOD | | 10:00 – 11:00 WOD | 10:00 – 11:00 WOD | 10:00-11:00 WOD | 10:00 – 11:00 WOD | 10:00 – 11:00 WOD |
| | | | 12:00-13:00 Fitness WOD | 12:00 – 13:00 Fitness WOD | 11:00 – 12:00 Indoor Rudern | 11:15 – 12:15 WOD |
| | | | | 14:00 – 15:00 WOD | 12:00 – 13:00 WOD | 12:15 – 13:15 Indoor Rudern |
| | | 12:00-13:00 Fitness WOD | | 15:00 – 15:45 TRX | 13:00-14:00 Free Intro | 13:15 – 14:15 Fitness WOD |
| 15:30 – 16:30 Fitness WOD | 15:30 – 16:00 KIDS 4-7 | 15:45 – 16:30 KIDS 11-15 | | 15:45-16:30 KIDS 11-15 | | 14:15 – 15:15 Fitness WOD |
| 16:30-17:30 WOD | 16:30-17:30 WOD | 16:30 – 17:30 WOD | 16:00-17:00 WOD | 16:30-17:30 WOD | 15:00-16:00 FOUNDATION | 15:15 – 16:15 TRX |
| 17:30 – 18:30 Mobility | 17:30 – 18:30 WOD | 17:30-18:30 WOD | 17:00-18:00 Mobility | 17:30-18:30 Fitness WOD | | |
| 18:30-19:30 WOD | 18:30-19:30 FOUNDATION | 18:30-19:30 Free Intro | 18:00-19:00 FOUNDATION | 18:30-19:00 Bauch extrem | | |
| 19:30-20:30 WOD | 19:30-20:30 Oly-Class | 19:30-20:30 WOD | 19:15-20:15 TRX | 19:00-20:00 Gymnastics | | |
| 20:30 – 21:30 Fitness WOD | 20:30 – 21:30 Fitness WOD | 20:30 – 21:30 Fitness WOD | 20:30-21:45 Yoga | 20:00-21:00 WOD | | |