



CLASS SCHEDULE

NEW BRUNSWICK

CROSSFIT

5:45AM M/W/F
9:30AM MON - FRI
5:00PM MON - FRI
6:00PM MON - FRI
7:00PM MON - FRI

9:00AM SAT

ATHLETE CAMP

10:00AM SAT

FREE TRIAL

7:00PM WED
11:00AM SAT

SOUTH PLAINFIELD

CROSSFIT

5:45AM M/W/F
9:30AM MON - FRI
5:00PM MON - FRI
6:00PM MON - FRI
7:00PM MON - FRI

9:00AM SAT

ATHLETE CAMP

10:00AM SAT

FREE TRIAL

7:00PM WED
11:00AM SAT

METUCHEN

CROSSFIT

5:30AM MON - FRI
6:45AM MON - FRI
4:30PM M/W/F
5:30PM MON - FRI
6:30PM MON - FRI
7:30PM M/T/W/TH

8:00AM SAT
9:00AM SAT

BARBELL CLASS

10:30AM SAT

FREE TRIAL

6:30PM THUR