

# DV8's Schedule

## CrossFit

5:30am	Mon-Fri
10:30am	Mon, Wed, Fri
4:30pm	Mon-Fri
5:30pm	Mon- Fri
6:30pm	Mon- Fri
7:30pm	Mon-Thurs
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11:00am	Sat & Sun

## OnRamp

6:30pm	Mon & Wed
9:00am	Saturday

## Open Gym

9:00am - 11:00am	Sat. & Sun.
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## BootCamp

9:30am	Tues & Thurs
7:30pm	Wednesday
8:00am	Saturday

## Olympic Weightlifting

6:30pm	Tues & Thurs
9:00am - 11:00am	Sunday

## Youth Fitness

4:30pm	Tuesday
10:00am	Sunday

## Mobility

5:30pm	Monday
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\*All classes run approximately 1 hour unless otherwise noted