



CROSSFIT PICKERING SCHEDULE

New Schedule starting September 2nd 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 AM – 6 AM Open Gym		5 AM – 6 AM Open Gym		5 AM – 6 AM Open Gym		
6 AM	6 AM	6 AM	6 AM	6 AM		
7 AM	7 AM	7 AM	7 AM	7 AM		
7 AM BC		7 AM BC	6 am to 8 am Open Gym	7 AM BC		
9 AM		9 AM		9 AM		
8 am to 11 am Open Gym	9 am to 10 am Open Gym	8 am to 11 am Open Gym		8 am to 11 am Open Gym	9 AM	9 AM
11 AM BC		11 AM BC		11 AM BC		
NOON	NOON	NOON	NOON	NOON	10 am Powerlifting	10 am
ZOOM NOON	ZOOM NOON	ZOOM NOON	ZOOM NOON	ZOOM NOON	10 AM KIDS CLASS	
Over 60 CLASS 3:30 Pm		Over 60 CLASS 3:30 pm				
4:30 PM	4:30 PM	4:30 PM	4:30 PM	4:30 PM	11 AM	
ZOOM 5:30 PM	ZOOM 5:30 PM	ZOOM 5:30 PM	ZOOM 5:30 PM	ZOOM 5:30 PM		
5:30 PM	5:30 PM	5:30PM	5:30 PM	5:30PM		
6:30 to 8 Pm Open Gym	6:30 to 8 Pm Open Gym	6:30 to 8 Pm Open Gym	6:30 to 8 Pm Open Gym	6:30 to 8 Pm Open Gym		
6:30 PM BC	6:30 PM KIDS CLASS	6:30 PM BC	6:30 PM Olympic Lifting	6:30 PM BC		
7:30 PM	7:30 PM	7:30PM	7:30 PM	7:30 PM		

BOOTCAMP

ZOOM

CROSSFIT training CLASS

KIDS CLASS

TEEN CLASSES - ????

OPEN GYM

OLYMPIC LIFTING

POWERLIFTING

OLYMPIC LIFTING

GYMNASTICS