



Alpha Omega Sports Performance

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CrossFit Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5AM	5AM	5AM	5AM	5AM	
6:30AM	6:30AM	6:30AM	6:30AM	6:30AM	
7:30AM AlphaFit	7:30AM AlphaFit	7:30AM AlphaFit	7:30AM AlphaFit	7:30AM AlphaFit	8AM
8:30AM	8:30AM	8:30AM	8:30AM	8:30AM	
					10AM
11AM	11AM	11AM	11AM	11AM	
12PM AlphaFit	12PM AlphaFit	12PM AlphaFit	12PM AlphaFit	12PM AlphaFit	
4PM	4PM	4PM	4PM	4PM	
5PM	5PM	5PM	5PM	5PM	
6PM	6PM	6PM	6PM	6PM	
7PM	7PM	7PM	7PM		

Youth Performance Training Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13 and Under 3:15PM	13 and Under 3:15PM	13 and Under 3:15PM	13 and Under 3:15PM	13 and Under 3:15PM	
14 and Up Youth CrossFit 4PM	14 and Up Youth CrossFit 4PM	14 and Up Youth CrossFit 4PM	14 and Up Youth CrossFit 4PM	14 and Up Youth CrossFit 4PM	
13 and Under 5PM	13 and Under 5PM	13 and Under 5PM	13 and Under 5PM	13 and Under 5PM	

Mobility

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6AM	6AM	6AM	6AM	6AM	9AM