

# CROSSFIT HENDERSONVILLE

## FULL WEEKLY SCHEDULE

On Ramp Beginner Session\* M-F 5:00AM - 7:00PM

KidFIT T/TH 5:00PM

TeenFIT T/TH 4:00PM

SpinFIT W 5:30PM

SportFIT Athlete Training\* M - F 3:00 - 8:00PM

### CrossFit

5:00AM	MON - FRI
6:00AM	MON - FRI
7:00AM	M/W/F
8:00AM	MON - SAT
9:00AM	M/W/F
9:30AM	T/TH
12:00PM	MON - FRI
4:00PM	MON - FRI
5:00PM	MON - FRI
6:00PM	T/TH

### YogaFIT

9:30AM	T/TH
5:30PM	T/TH
9:00AM	SAT
3:00PM	SUN

### Open Gym\*\*

5:00AM - 8:00PM	MON - FRI
8:00 - 12:00PM	SAT
3:00 - 5:00PM	SUN

### 30min QuickFIT

4:30PM	T/TH
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\*Must contact [lindsey@crossfithendersonville.com](mailto:lindsey@crossfithendersonville.com) to schedule, no walk-ins

\*\*Includes RunFIT / LiftFIT / CoreFIT