



FOUR BARREL
A BETTER APPROACH TO FITNESS

Louisville

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Updated 01/04/18

	Mon		Tue		Wed		Thu		Fri		Sat		Sun		
	1	2	1	2	1	2	1	2	1	2	1	2	1	2	
5:30 AM	CrossFit	Open Gym	CrossFit	Open Gym	CrossFit	Open Gym	CrossFit	Open Gym	CrossFit	Open Gym					
6:00 AM	530-630	530am-6pm	530-630	530am-6pm	530-630	530am-6pm	530-630	530am-6pm	530-630	530am-6pm					6:00 AM
6:30 AM	CrossFit		CrossFit		CrossFit		CrossFit		CrossFit						6:30 AM
7:00 AM	630-730		630-730		630-730		630-730		630-730						7:00 AM
7:30 AM	Open Gym		Open Gym		Open Gym		Open Gym		Open Gym						7:30 AM
8:00 AM	730-9		730-9		730-9		730-9		730-9		Weightlifting 8-9	Open Gym 8-1			8:00 AM
8:30 AM															8:30 AM
9:00 AM	LeanX		LeanX		LeanX		LeanX		LeanX		CrossFit 9-10	LeanX 9-10			9:00 AM
9:30 AM	9-10		9-10		9-10		9-10		9-10						9:30 AM
10:00 AM	CrossFit		Open Gym		CrossFit		Open Gym		CrossFit		CrossFit 10-11				10:00 AM
10:30 AM	10-11		10-12		10-11		10-12		10-11						10:30 AM
11:00 AM											Open Gym 11-12				11:00 AM
11:30 AM															11:30 AM
12:00 PM	CrossFit		CrossFit		CrossFit		CrossFit		CrossFit						12:00 PM
12:30 PM	12-1		12-1		12-1		12-1		12-1						12:30 PM
1:00 PM	Open Gym		Open Gym		Open Gym		Open Gym		Open Gym				CrossFit 1-2	Open Gym 1-3	1:00 PM
1:30 PM	1-430		1-430		1-430		1-430		1-430				Open Gym 2-3		1:30 PM
2:00 PM															2:00 PM
2:30 PM															2:30 PM
3:00 PM															3:00 PM
3:30 PM															3:30 PM
4:00 PM															4:00 PM
4:30 PM	CrossFit		CrossFit		CrossFit		CrossFit		CrossFit						4:30 PM
5:00 PM	430-530		430-530		430-530		430-530		430-530						5:00 PM
5:30 PM	CrossFit		CrossFit		CrossFit		CrossFit		CrossFit						5:30 PM
6:00 PM	530-630	LeanX	530-630	LeanX	530-630	LeanX	530-630	LeanX	530-630						6:00 PM
6:30 PM	CrossFit	6-7pm	CrossFit	6-7pm	CrossFit	6-7pm	CrossFit	6-7pm							6:30 PM
7:00 PM	630-730		630-730		630-730	Weightlifting 7-8pm	630-730								7:00 PM
7:30 PM															7:30 PM
8:00 PM															8:00 PM
8:30 PM															8:30 PM
9:00 PM															9:00 PM