

4BFit East | Winter / Spring 2019 Schedule

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	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	Open Gym			8:00 AM	
8:30 AM											8-9	8-1			8:30 AM	
9:00 AM	LeanX		LeanX		LeanX		LeanX		LeanX		CrossFit	LeanX			9:00 AM	
9:30 AM	9-10		9-10		9-10		9-10		9-10		9-10	9-10			9:30 AM	
10:00 AM	CrossFit		Open Gym		CrossFit		Open Gym		CrossFit		CrossFit				10:00 AM	
10:30 AM	10-11		10-12		10-11		10-12		10-11		10-11				10:30 AM	
11:00 AM	Open Gym				Open Gym				Open Gym		Open Gym				11:00 AM	
11:30 AM	11-12				11-12				11-12		11-12				11:30 AM	
12:00 PM	CrossFit		CrossFit		CrossFit		CrossFit		CrossFit		CrossFit				12:00 PM	
12:30 PM	12-1		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	Open Gym	1:00 PM
1:30 PM	1-430		1-430		1-430		1-430		1-430					1-2	1-3	1:30 PM
2:00 PM														Open Gym		2:00 PM
2:30 PM														2-3		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		CrossFit					4:30 PM
5:00 PM	430-530		430-530		430-530		430-530		430-530		430-530					5:00 PM
5:30 PM	CrossFit		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	LeanX	530-630					6:00 PM
6:30 PM	CrossFit	6-7pm	CrossFit	6-7pm	CrossFit	6-7pm	CrossFit	6-7pm	CrossFit	6-7pm						6:30 PM
7:00 PM	630-730	On-Ramp	630-730	On-Ramp	630-730	Weightlifting	630-730	On-Ramp	630-730	On-Ramp						7:00 PM
7:30 PM		7-8pm		7-8pm		7-8pm		7-8pm		7-8pm						7:30 PM
8:00 PM		*On-Ramp														8:00 PM
8:30 PM		Starts 1st														8:30 PM
9:00 PM		Monday ea Mo														9:00 PM