

4BFit New Albany | 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	
6:00 AM	CrossFit	Open Gym	CrossFit	Open Gym	CrossFit	Open Gym	CrossFit	Open Gym	CrossFit	Open Gym					6:00 AM
6:30 AM	6-7	6-4	6-7	6-4	6-7	6-4	6-7	6-4	6-7	6-4					6:30 AM
7:00 AM	CrossFit		CrossFit		CrossFit		CrossFit		CrossFit						7:00 AM
7:30 AM	715-815		715-815		715-815		715-815		715-815						7:30 AM
8:00 AM	4B:30		Open Gym		4B:30		Open Gym		4B:30		Weightlifting	Open Gym			8:00 AM
8:30 AM	8:20-8:50		815-11		8:20-8:50		815-11		8:20-8:50		8-9	8-930			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	Open Gym		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym				10:00 AM
10:30 AM	10-11		10-11		10-11		10-11		10-11		10-11	Open Gym			10:30 AM
11:00 AM	CrossFit		CrossFit		CrossFit		4B:30		CrossFit		CrossFit	Open Gym	1030-12		11:00 AM
11:30 AM	11-12		11-12		11-12		11:10-11:40		11-12		11-12				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	Open Gym	1:00 PM
1:30 PM	1-430		1-430		1-430		1-430		1-430				1-2	1-4	1:30 PM
2:00 PM													Open Gym		2:00 PM
2:30 PM				Longevity				Longevity					2-4		2:30 PM
3:00 PM				3-4pm				3-4pm							3:00 PM
3:30 PM	Teens			LeanX	Teens			LeanX	Teens						3:30 PM
4:00 PM	330-430	LeanX		LeanX	330-430	LeanX		LeanX	330-430	LeanX					4:00 PM
4:30 PM	CrossFit	4-5pm	CrossFit	4-5pm	CrossFit	4-5pm	CrossFit	4-5pm	CrossFit	4-5pm					4:30 PM
5:00 PM	430-530	CrossFit	430-530	CrossFit	430-530	CrossFit	430-530	Weightlifting	430-530						5:00 PM
5:30 PM	CrossFit	5-6pm	CrossFit	5-6pm	CrossFit	5-6pm	CrossFit	5-6pm	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	CrossFit						6:30 PM
7:00 PM	630-730	On-Ramp	630-730		630-730	On-Ramp	630-730	On-Ramp							7:00 PM
7:30 PM		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