

FOUR BARREL FITNESS

GROUP CLASS SCHEDULE

This schedule starts
February 15, 2021

Mon	Tue	Wed	Thu	Fri	Sat	Sun
CrossFit 6am	CrossFit 6am	CrossFit 6am		CrossFit 6am	CrossFit 8am	CrossFit 1pm
CrossFit 7:15 am		CrossFit 7:15 am		CrossFit 7:15 am	CrossFit 9:30 am	
4B:30 8:15 am		4B:30 8:15 am		4B:30 8:15am		
LeanX 9am	LeanX 9am	LeanX 9am	LeanX 9am	LeanX 9am	Additional Online Classes Live Zoom WOD Mon, Tue, Wed, Fri @ Noon	
CrossFit Noon	CrossFit Noon	CrossFit Noon		CrossFit Noon		
Teens 3pm	Longevity 2:45pm	Teens 3pm	Longevity 2:45pm	Teens 3pm	Open Gym Hours Mon - Wed, 10am-12pm, 1pm-4pm Fri, 10am-12pm, 1pm-4pm Sat, 10:30am - 12pm Sun, 2pm - 4pm	
CrossFit 4pm	CrossFit 4pm	CrossFit 4pm		CrossFit 4:15pm		
CrossFit 5:15pm	CrossFit 5:15pm	CrossFit 5:15pm	Weightlifting 5pm	CrossFit 5:30pm	<div style="background-color: red; color: white; padding: 10px; text-align: center;"> Book a Free Intro at 4Bfit.com </div>	
CrossFit 6:30pm	CrossFit 6:30pm	CrossFit 6:30pm				



Group Classes



Nutrition Coaching



Personal Training

322 Mt Tabor Rd, New Albany
502-509-3801
www.4bfit.com

