

FOUR BARREL FITNESS

GROUP CLASS SCHEDULE

This schedule starts
November 1st, 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 7:15 am	CrossFit 9:30 am	
LeanX 9am	LeanX 9am	LeanX 9am	LeanX 9am	LeanX 9am		
CrossFit Noon	CrossFit Noon	CrossFit Noon		CrossFit Noon	Additional Online Classes Live Zoom WOD Mon, Tue, Wed, Fri @ Noon	
Teens 3pm	Longevity 2:45pm	Teens 3pm	Longevity 2:45pm	Teens 3pm		
CrossFit 4pm	CrossFit 4pm	CrossFit 4pm		CrossFit 4:15pm	Open Gym Hours Mon - Wed, 10am-12pm, 1pm-4pm Fri, 10am-12pm, 1pm-4pm Sat, 10:30am - 12pm Sun, 2pm - 4pm	
CrossFit 5:15pm	CrossFit 5:15pm	CrossFit 5:15pm	Weightlifting 5pm	CrossFit 5:30pm		
CrossFit 6:30pm	CrossFit 6:30pm	CrossFit 6:30pm				

**Book a Free Intro
at 4Bfit.com**



322 Mt Tabor Rd, New Albany
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