

FOUR BARREL FITNESS

GROUP CLASS SCHEDULE

This schedule starts
January 3rd, 2022

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	Open Gym Hours Mon - Wed, 10am-12pm, 1pm-4pm Thur, 10am - 6:30pm Fri, 10am-12pm, 1pm-4pm Sat, 10:30am - 12pm Sun, 2pm - 4pm	
CrossFit Noon	CrossFit Noon	CrossFit Noon		CrossFit Noon		
Teens 3:30pm	Longevity 2:45pm	Teens 3:30pm	Longevity 2:45pm	Teens 3:30pm		
CrossFit 4:30pm	CrossFit 4:30pm	CrossFit 4:30pm		CrossFit 4:30pm		
CrossFit 5:30pm	CrossFit 5:30pm	CrossFit 5:30pm	Weightlifting 5pm	CrossFit 5:30pm		
CrossFit 6:30pm	CrossFit 6:30pm	CrossFit 6:30pm				
LeanX 6:30pm	LeanX 6:30pm	LeanX 6:30pm	LeanX 6:30pm			

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



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

