FOUR BARREL FITNESS

GROUP CLASS SCHEDULE

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		
OsteoFit 10:15am		OsteoFit 10:15am				
CrossFit Noon	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 4:30pm		
CrossFit 5:30pm	CrossFit 5:30pm	CrossFit 5:30pm				
CrossFit 6:30pm		CrossFit 6:30pm				

Open Gym Hours

Mon - Wed, 10am-12pm, 1pm-4pm
Thur, 10am - 6pm
Fri, 10am-12pm, 1pm-4pm
Sat, 10:30am - 12pm
Sun, 2pm - 4pm

Book a Free Intro at 4BFit.com



Group Classes



Personal Training

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

4BFIT