

	MON	TUE	WED	THU	FRI
6:30	CLASS	CLASS	CLASS	CLASS	CLASS
7:30	CLASS	CLASS	CLASS	CLASS	CLASS
8:30	CLASS	CLASS	CLASS	CLASS	CLASS
9:30	CLASS	CLASS	CLASS	CLASS	CLASS
	ON RAMP	ON RAMP	ON RAMP	ON RAMP	ON RAMP
10:30	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM
11:30 ~ 13:30	CLOSED				
13:30 ~ 17:00	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM
				16:30~17:30 KIDS	
17:30	CLASS	CLASS	CLASS	CLASS	CLASS
18:30	CLASS	CLASS	CLASS	CLASS	CLASS
19:30	CLASS	CLASS	CLASS	CLASS	CLASS
20:30	CLASS	CLASS	CLASS	CLASS	CLASS
	ON RAMP	ON RAMP	ON RAMP	ON RAMP	ON RAMP

	SAT	SUN
9:00	CLASS	CLASS
10:00	CLASS	CLASS
11:00	CLASS	CLASS
12:00	OPEN GYM	OPEN GYM
13:00	CLASS	CLASS
	ON RAMP	ON RAMP
14:00	WEIGHT LIFTING	COMPETITORS
15:00	KIDS	CLOSE
16:00	CLOSE	CLOSE



**CROSSFIT
DAIKANYAMA
WEEKLY SCHEDULE**