

Front Desk + Tanning

Mon 11am - 9pm  
 Tues 11am - 9pm  
 Wed 11am - 9pm  
 Thurs 11am - 9pm  
 Fri 11am - 8pm

# POLEMISTIS CROSSFIT

Kids Club

Mon - Thurs 5:30pm-8pm  
 Fri 5:45pm-7:15pm

## March 2018

| mon   | tues                                 | wed                                  | thurs                                | fri                                  |
|---|--------------------------------------|--------------------------------------|--------------------------------------|--------------------------------------|
| 4:00pm = Coaches & Competitors Train<br>5:30pm Classes = Beginner Fundamentals and Open Box |                                      |                                      | 1<br>8am<br>3pm<br>5:30pm<br>6:30pm  | 2<br>8am<br>3pm<br>5:30pm<br>6:30pm  |
| 5<br>8am<br>3pm<br>5:30pm<br>6:30pm   | 6<br>8am<br>3pm<br>5:30pm<br>6:30pm  | 7<br>8am<br>3pm<br>5:30pm<br>6:30pm  | 8<br>8am<br>3pm<br>5:30pm<br>6:30pm  | 9<br>8am<br>3pm<br>5:30pm<br>6:30pm  |
| 12<br>8am<br>3pm<br>5:30pm<br>6:30pm  | 13<br>8am<br>3pm<br>5:30pm<br>6:30pm | 14<br>8am<br>3pm<br>5:30pm<br>6:30pm | 15<br>8am<br>3pm<br>5:30pm<br>6:30pm | 16<br>8am<br>3pm<br>5:30pm<br>6:30pm |
| 19<br>8am<br>3pm<br>5:30pm<br>6:30pm  | 20<br>8am<br>3pm<br>5:30pm<br>6:30pm | 21<br>8am<br>3pm<br>5:30pm<br>6:30pm | 22<br>8am<br>3pm<br>5:30pm<br>6:30pm | 23<br>8am<br>3pm<br>5:30pm<br>6:30pm |
| 26<br>8am<br>3pm<br>5:30pm<br>6:30pm  | 27<br>8am<br>3pm<br>5:30pm<br>6:30pm | 28<br>8am<br>3pm<br>5:30pm<br>6:30pm | 29<br>8am<br>3pm<br>5:30pm<br>6:30pm | 30<br>8am<br>3pm<br>5:30pm<br>6:30pm |