

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----------|-------------------|-------------------------|-------------------|---------------------|----------|
| 6:00 AM | CrossFit | Introductory | CrossFit | Introductory | CrossFit |
| 9:30 AM | CrossFit | Base Line Class | CrossFit | Base Line Class | CrossFit |
| 12:00 PM | CrossFit | CrossFit | CrossFit | CrossFit | CrossFit |
| 5:30 PM | CrossFit | 5:30 - 7:00 PM Open | CrossFit | 5:30 - 7:00 PM Open | CrossFit |
| 6:30 PM | 30 min - Open Gym | Gym | 30 min - Open Gym | Gym | |
| 7:00 PM | | Listowel Jr. B Cyclones | | | |

- * Open Gym - Tuesday and Thursday - 1.5 hours beginning at 5:30-7:00 pm
- * Open Gym - Monday and Wednesday - 0.5 hour beginning at 6:30-7:00 pm
- * Tuesday and Thursday mornings are reserved for Introductory Base Line Workouts (by appt only - (519) 418-2201)
- * Open Gym Saturdays are subject to change - please contact us if planning a drop in