



CROSSFIT
BRIDGE & TUNNEL

CLASS SCHEDULE

MONDAY - FRIDAY

5:45AM 7AM 9AM 12PM

4PM 5:15PM 6:30PM 8PM*

***8PM DOES NOT MEET ON FRIDAYS**

BARBELL - 7:30PM ON FRIDAY

SATURDAY

8:30 AM

9:45 AM

11 AM

SUNDAY

9:30AM FBB

11AM YOGA

**PRIDE WOD MEETS THE 3RD SUNDAY IN LIEU OF
FUNCTIONAL BODYBUILDING
YOGA IS FREE TO THE WORLD**