



Please Note: All CrossFit and Boxing classes have a fee in addition to the standard membership fee.  
 Childcare Hours — Days: Monday to Saturday from 8 a.m. to 1 p.m.;  
 Evenings: Monday to Thursday from 3 to 7:30 p.m.

# CrossFit Torment Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30AM w/Reva	5:30-6:30AM w/Rob	5:30-6:30AM w/Reva	5:30-6:30AM w/Rob	5:30-6:30AM w/Reva	
8:30-9:30AM w/ Rob	8:30-9:30AM w/ Rob	8:30-9:30AM w/ Rob	8:30-9:30AM w/ Rob	8:30-9:30AM w/ Rob	9:00-10:00AM w/TBD
11:00-12:00AM w/Rob	11:00-12:00AM w/Rob	11:00-12:00AM w/Rob	11:00-12:00AM w/Rob	11:00-12:00AM w/Rob	
12:00-1:00PM w/Amy	12:00-1:00PM w/Amy	12:00-1:00PM w/Amy	12:00-1:00PM w/Amy	12:00-1:00PM w/Amy	
3:30-4:15PM CF TEENS w/Reva	3:30-4:15PM CF KIDS w/Reva	3:30-4:15PM CF TEENS w/Reva	3:30-4:15PM CF KIDS w/Reva		
4:00-5:00PM w/Davin & Casey	4:00-5:00PM w/Davin & Casey	4:00-5:00PM w/Davin & Casey	4:00-5:00PM w/Davin & Casey	4:00-5:00PM w/Davin & Casey	
5:00-6:00PM w/Reva	5:00-6:00PM w/Reva	5:00-6:00PM w/Reva	5:00-6:00PM w/Reva		
6:00-7:00PM w/Reva	6:00-7:00PM w/Reva	6:00-7:00PM w/Reva	6:00-7:00PM w/Reva		

CrossFit Schedule \$\$

**Fitness Center Open  
7 Days a Week!**

Monday - Thursday 5 a.m. to 9 p.m.

Friday 5 a.m. to 8 p.m.

Saturday 8 a.m. to 5 p.m.

Sunday 1 to 4 p.m.

# Anderson Boxing Club Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:30AM Boxing				8:30-9:30AM Boxing	
					10:00-11:00AM Boxing
	5:00-6:00PM Boxing		5:00-6:00PM Boxing		

