

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am Project Fit 5:30 am CrossFit	5:30am Project Fit 5:30 am CrossFit	Open Gym Time Slots Text 720-504- 5959	5:30am Project Fit 5:30 am CrossFit	5:30am Project Fit 5:30 am CrossFit	
					<i>8am Fire Breather CrossFit Take Your Training to the next level</i>
9:30am Project Fit 9:30am CrossFit	9:30am Project Fit 9:30am CrossFit	9:30am Project Fit 9:30am CrossFit	9:30am Project Fit 9:30am CrossFit	9:30am Project Fit 9:30am CrossFit	9:15am Project Fit 9:15am CrossFit
	Open Gym Time Slots Text 720-504- 5959				10am -11:30 Open Gym
<i>Kids CrossFit 4:30pm</i>		<i>Kids CrossFit 4:30pm</i>			Seminar Time Slot
4:30 pm Open Gym	4:30 pm Open Gym	4:30 pm Open Gym	4:30 pm Open Gym	4:30 pm Open Gym	
5pm Project Fit 5pm CrossFit	5pm Project Fit 5pm CrossFit	5pm Project Fit 5pm CrossFit	5pm Project Fit 5pm CrossFit	5pm Project Fit 5pm CrossFit	Open Gym Time Slots Text 720-504-5959
5:45pm Project Fit 5:45pm CrossFit	5:45pm Project Fit 5:45pm CrossFit	5:45pm Project Fit 5:45pm CrossFit	5:45pm Project Fit 5:45pm CrossFit		
Open Gym 6:30pm- 8pm	Open Gym 6:30pm- 8pm	Open Gym 6:30pm- 8pm	Open Gym 6:30pm- 8pm		

Project Fit & CrossFit Schedule

Castle Rock Location 780 Kinner St 80109