

# get committed CrossFit 5150

## Class Schedule

always confirm classes via live schedule online

strength

community

commitment

Mon	Tues	Wed	Thur	Fri	Sat	Sun
5:30am	5:30am	5:30am	5:30am	5:30am	8:00 am	9:00 am
6:30am	6:30am	6:30am	6:30am	6:30am	9:00 am	(every other Sunday)
7:30am	7:30am	7:30am	7:30am	7:30am	10:00 am	10:00am
9:00am	9:00am	9:00am	9:00am	9:00am		
4:30pm	4:30pm	4:30pm	4:30pm	4:30pm		
5:30pm	5:30pm	5:30pm	5:30pm	5:30pm		
6:30pm	6:30pm	6:30pm	6:30pm	6:30pm		
7:30pm	7:30pm	7:30pm	7:30pm			

red indicates open gym. all other classes are all level CrossFit classes.

562.595.5955 | [www.CrossFit5150.com](http://www.CrossFit5150.com) (go online to register for classes, including first time free trials).

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