



# Norwalk Weekly Schedule

	MON	TUES	WED	THURS	FRI	SAT	SUN
5:45 AM	CrossFit*	CrossFit*	CrossFit*	Barbell Club*	CrossFit*		
6:45 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
8:30 AM	On-Ramp		On-Ramp		On-Ramp		
9:30 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
10:00 AM							CrossFit
10:30 AM						Free Trial	
11:30 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		Barbell Club
12:30 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
4:30 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
5:30 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
6:30 PM	CrossFit	CrossFit	Barbell Club	CrossFit	CrossFit**		
6:30 PM	On-Ramp	On-Ramp		On-Ramp			
7:30 PM	CrossFit**	CrossFit**	CrossFit**	CrossFit**			

\* First class of the day must be signed into by 10pm the night prior. Must have at least 1 signed up to be held.

\*\* The last class of each day must be signed into at least 90 minutes prior. Must have 2 or more signed up to be held.

\*\*\*All other classes must be signed into at least 20 minutes prior to the start of class.

Alternate Free Trial sessions are available upon request and availability. Alternate On-Ramp Times are available to groups of 4 or more.