



**CROSSFIT  
ARMOURY**  
SOUTH + WEST

**SOUTH SIDE**

9122 - 51 Ave

**CROSSFIT CLASSES**

MONDAY	6AM, 9AM, 12PM, 4PM 5PM, 6PM, 7PM
TUESDAY	6AM, 9AM, 12PM, 4PM, 5PM, 6PM, 7PM
WEDNESDAY	6AM, 9AM, 12PM, 4PM, 5PM, 6PM, 7PM
THURSDAY	6AM, 9AM, 12PM, 4PM, 5PM, 6PM, 7PM
FRIDAY	6AM, 9AM, 12PM, 4PM, 5PM, 6PM
SATURDAY	10AM, 11AM

**CROSSFIT KICKSTART**

MONDAY	7PM
WEDNESDAY	7PM
SATURDAY	9AM

**MOBILITY**

SUNDAY	11AM
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**OLYMPIC LIFTING**

THURSDAY	7PM
SUNDAY	12PM

**GYMNASTICS**

SATURDAY	9AM
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**OPEN GYM**

MONDAY	8PM
TUESDAY	8PM
WEDNESDAY	8PM
THURSDAY	8PM
FRIDAY	7PM
SATURDAY	12PM
SUNDAY	10AM



**CROSSFITARMOURY.COM**  
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