



**CROSSFIT  
ARMOURY**  
SOUTH + WEST

**WEST SIDE**

17317 - 105 Ave

**CROSSFIT CLASSES**

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

**CROSSFIT KICKSTART**

MONDAY	7PM
THURSDAY	7PM
SATURDAY	10AM

**CROSSFIT MOMS & DADS**

TUESDAY	9AM - 10AM
THURSDAY	9AM - 10AM

**MOBILITY**

SATURDAY	10AM
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**OLYMPIC LIFTING**

WEDNESDAY	7PM
SUNDAY	9AM

**GYMNASTICS**

THURSDAY	7PM
SUNDAY	10AM

**OPEN GYM**

MONDAY	8PM
TUESDAY	8PM
WEDNESDAY	8PM
THURSDAY	8PM
FRIDAY	7PM
SATURDAY	12PM
SUNDAY	11AM - 1PM



**CROSSFITARMOURY.COM**  
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