



**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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