



12330 S.W. 53 Street, #707
 Cooper City, FL 33330
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 954-438-4744
 786-229-6584 (txt Flavia)

TIMES	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	SUNDAY
5:30 am	HIIT (Brad)	CROSSFIT WOD (Brad)	HIIT (Brad)	CROSSFIT WOD (Brad)	HIIT (Jim or Nicole)		CLOSED
6:30 am	CROSSFIT WOD (Nicole)	CROSSFIT WOD (Nicole) SILVER BACK - JIM	CROSSFIT WOD (Nicole)	CROSSFIT WOD (Nicole) SILVER BACK - JIM	CROSSFIT WOD (Nicole)		CLOSED
8:30 am	CROSSFIT WOD (Nicole)	CROSSFIT WOD (Nicole)	CROSSFIT WOD (Nicole)	CROSSFIT WOD (Nicole)	CROSSFIT WOD (Nicole)		CLOSED
9:30 am to 1:00 PM	Reserved for Personal training	Reserved for Personal training	Reserved for Personal training	Reserved for Personal training	Reserved for Personal training	09:30 am Open gym	CLOSED
						10:00 am CROSSFIT WOD	CLOSED
4:30 pm	CROSSFIT WOD (Nicole)	CROSSFIT WOD (Brad/Ruben)	CROSSFIT WOD (Nicole)	CROSSFIT WOD (Brad/Ruben)	CROSSFIT WOD (Nicole)	11:00am Nut.Club (By Appt)	CLOSED
5:15pm 5:30 pm	5:15 KIDS BC (Liam) CROSSFIT WOD (Nicole)	CROSSFIT WOD (Brad/Ruben)	KIDS BC (Ruben) CROSSFIT WOD (Nicole)	CROSSFIT WOD (Brad/Ruben)	5:15 KIDS BC (Ruben) CROSSFIT WOD (Nicole)		CLOSED
6:30 pm	CROSSFIT WOD (Nicole) HIIT (Liam)	CROSSFIT WOD (Brad/Ruben) ONRAMP (By Appt)	CROSSFIT WOD (Nicole) HIIT (Ruben)	CROSSFIT WOD (Brad/Ruben) ONRAMP (By Appt)	CROSSFIT WOD (Nicole) HIIT (Ruben)		CLOSED
7:30 pm	CROSSFIT WOD (Nicole)	CROSSFIT WOD (Brad/Ruben)	CROSSFIT WOD (Nicole)	CROSSFIT WOD (Brad/Ruben)	X		CLOSED

PERSONAL TRAINING, MMA SELF DEFENSE CLASSES AND WELLNESS / NUTRITION PROGRAMS BY APPOINTMENT ONLY
 NUTRITION CLUB PROVIDED BY OUT HERBALIFE CLUB COACHES