



PUSH YOUR LIMITS. MAXIMIZE RESULTS.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15AM – 6:30AM OPEN GYM	5:15AM – 6:30AM OPEN GYM	5:15AM – 6:30AM OPEN GYM	6:00AM – 9:30AM OPEN GYM	5:15AM – 6:30AM OPEN GYM	7:00AM – 8:00AM OPEN GYM
6:30AM	6:30AM	6:30AM		6:30AM	8:00AM
7:30AM – 9:30AM OPEN GYM	7:30AM – 9:30AM OPEN GYM	7:30AM – 9:30AM OPEN GYM		7:30AM – 9:30AM OPEN GYM	9:30AM
9:30AM	9:30AM	9:30AM		9:30AM	 <p>FREE COMMUNITY WOD SECOND SATURDAY OF EVERY MONTH AT 9:30AM</p>
10:30AM – 12:00PM OPEN GYM	10:30AM – 12:00PM OPEN GYM	10:30AM – 12:00PM OPEN GYM		10:30AM – 12:00PM OPEN GYM	
3:30PM – 4:30PM OPEN GYM	3:30PM – 4:30PM OPEN GYM	3:30PM – 4:30PM OPEN GYM		3:30PM – 4:30PM OPEN GYM	
4:30PM	4:30PM	4:30PM		4:30PM	
5:30 – 6:30PM	5:30PM – 6:45PM OPEN GYM	5:30 – 6:30PM	5:30PM – 6:45PM OPEN GYM		
6:45PM	6:45PM	6:45PM			

QUESTIONS? CALL US 919-586-7552 • 102 SOUTH FITNESS DRIVE, FUQUAY VARINA • crossfitfuquay.com