


CROSSFIT CLASSES

	MON	TUES	WED	THURS	FRI	SAT	SUN	
5:30am	5:30-6:30am CrossFit	5:30-6:15am FIT	5:30-6:30am CrossFit	5:30-6:15am FIT	5:30-6:30am CrossFit			
		6:30-7:15am CF Day-One		6:30-7:15am CF Day-One	6:30-7:15am CF Day-One			
9:30am								8:00 - 9:30am Open Gym
								9:30-10:30 CrossFit
11:00am	11-12pm Open Gym	11-12pm Open Gym	11-12pm Open Gym	11-12pm Open Gym	11-12pm Open Gym			10:30-11:30 CF Day-One
12:00pm	12:00 - 1:00pm CrossFit	12:00 - 1:00pm CrossFit	12:00 - 1:00pm CrossFit	12:00 - 1:00pm CrossFit	12:00 - 1:00pm CrossFit			11:30-12:00 Open Gym
1:00pm	1:00-2:00pm CF Day-One	1:00-2:00pm CF Day-One	1:00 - 4:30pm Open Gym	1:00-2:00pm CF Day-One	1:00 - 5:00pm Open Gym			
	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym			
4:30pm	4:30-5:30pm CrossFit	4:30 - 5:30pm Strength	4:30 - 5:30pm CrossFit	4:30 - 5:30pm Strength	5:00-6:00 CrossFit			
5:30pm	5:30 - 6:30pm CrossFit	5:30 - 6:30pm CrossFit	5:30 - 6:30pm CrossFit	5:30 - 6:30pm CrossFit				
6:30pm	6:30 - 7:15pm FIT	6:30-7:30pm CF Day-One	6:30 - 7:15pm FIT	6:30-7:30pm CF Day-One	6:30 - 7:15pm FIT			
7:30pm	7:30 - 9:00pm Open Gym	7:30 - 9:00pm Open Gym	7:30 - 9:00pm Open Gym	7:30 - 9:00pm Open Gym				
9:00pm	Ages 15+							

651-340-4349 www.minnesotatopteam.com

MTT will be closed on major holidays.