

CROSSFIT CLASSES

5:30am – 6:30am MON – FRI

9:00am – 10:00am MON – FRI

4:30pm – 5:30pm MON – FRI

5:30pm – 6:30pm MON – FRI

6:30pm – 7:30pm MON/TUE/THU

8:00am – 9:00am SAT

9:00am – 10:00am SAT/SUN

QUICKFIT CLASSES

6:45am – 7:15am MON/TUE/THU/FRI

12:15pm – 12:45pm MON – FRI

CROSSFIT KIDS (ages 7-12)

3:30pm – 4:15pm TUE/THU

OPEN GYM

1:00pm – 2:00pm MON/WED/FRI

7:30pm – 8:30pm TUE/THU

10:00am – 12:00pm SAT

PLEASE RESERVE YOUR CLASSES THROUGH ZENPLANNER!

Questions? Email us at coach@solstice.fit