

THERE IS FIT THEN THERE IS CROSSFIT



GATEWAY VILLAGE YMCA

900 West Trade Street, Suite 100

Charlotte, NC 28202

(P) 704 716 4700

2018 CROSSFIT SCHEDULE

As of 4/3/18

MONDAY

6:00 AM—7:00 AM
7:00 AM—8:00 AM
12:00 PM—1:00 PM
5:30 PM—6:30 PM
6:30 PM—7:30 PM

TUESDAY

6:00 AM—7:00 AM
7:00 AM—8:00 AM
12:00 PM—1:00 PM
5:30 PM—6:30 PM

WEDNESDAY

6:00 AM—7:00 AM
7:00 AM—8:00 AM
12:00 PM—1:00 PM
5:30 PM—6:30 PM
6:30 PM—7:30 PM

THURSDAY

6:00 AM—7:00 AM
12:00 PM—1:00 PM
6:00 PM—7:00 PM

FRIDAY

6:00 AM—7:00 AM
7:00 AM—8:00 AM
12:00 PM—1:00 PM
5:30 PM—6:30 PM

SATURDAY

10:00 AM—11:00 AM

OPEN GYM SCHEDULE

TUESDAY

6:30 PM—7:30 PM

For more information, contact:

Kyle Gill, Program Director

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