



Program Schedule

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 410-65-erupt (410-653-7878)
 www.arenalfitness.com

Su	M	T	W	Th	F	Sa
9:30am	5:30am	5:30am	5:30am	5:30am	5:30am	7:30am
	6:30am	6:30am	6:30am	6:30am	6:30am	8:30am
	9:00am	9:00am	9:00am	9:00am	9:00am	9:30am
	12:00pm	5:00pm	12:00pm	5:30pm	12:00pm	
	5:00pm	5:30pm	5:00pm	6:00pm	5:00pm	
	5:30pm	6:00pm	5:30pm			
	6:00pm		6:00pm			

<i>CrossFit</i>	<i>CrossFit Kettlebell 30 minutes</i>	<i>Fight Club</i>	<i>CF Kids 😊</i>	<i>Bootcamp</i>	<i>G-WOD</i>	<i>OCT - Obstacle Course Training</i>
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