

THERE IS FIT THEN THERE IS CROSSFIT



GATEWAY VILLAGE YMCA

900 West Trade Street, Suite 100

Charlotte, NC 28202

(P) 704 716 4700

2019 CROSSFIT SCHEDULE

As of May 1, 2019

MONDAY

6:00 AM—7:00 AM
7:00 AM—8:00 AM
12:15 PM—1:15 PM
5:30 PM—6:30 PM
6:30 PM - 7:30 PM

WEDNESDAY

6:00 AM—7:00 AM
7:00 AM—8:00 AM
12:15 PM—1:15 PM
5:30 PM—6:30 PM
6:30 PM - 7:30 PM

FRIDAY

6:00 AM—7:00 AM
7:00 AM—8:00 AM
12:15 PM—1:15 PM
5:30 PM—6:30 PM

TUESDAY

7:00 AM—8:00 AM
12:15 PM—1:15 PM
5:30 PM—6:30 PM
6:30 PM - 7:30 PM

THURSDAY

12:15 PM—1:15 PM
6:00 PM—7:00 PM

OPEN GYM SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

5:30 PM—7:30 PM

For more information, contact:

GatewayVillageYMCACrossFit@ymcacharlotte.org