



WOLVERINE STRENGTH AND CONDITIONING

Home of Skunkbear CrossFit

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	GYM OPENS AT 5:30AM						
6:00 AM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
7:00 AM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	GYM OPENS AT 7:30AM	
8:00 AM						CROSSFIT	CROSSFIT
9:00 AM						CROSSFIT	Weightlifting (8:00-9:30am)
9:30 AM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
10:00 AM						CROSSFIT	KIDS KRUSH
11:00 AM							
12:00 PM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT
						GYM CLOSSES AT 1:30PM	
3:30 PM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	<p align="center">Contact Us Phone: 734.222.9600 Email: info@a2xfit.com www.a2xfit.com</p>	
4:30 PM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
5:00 PM							
5:30 PM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
6:30 PM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
7:30 PM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT			
8:30 PM					GYM CLOSSES AT 8:00PM		
9:00 PM	GYM CLOSSES AT 9:00PM						

CrossFit classes are one hour in duration / Weightlifting classes are 90 minutes in duration
 Open gym is available during our business hours (including Olympic lifting)