



Class Schedule:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	6:00 AM	6:00 AM	6:00 AM	6:00 AM	9:00 AM*
8:30 AM	8:30 AM	8:30 AM	8:30 AM	8:30 AM	
11:30 AM		11:30 AM		11:30 AM	
4:30 PM	4:30 PM	4:30 PM	4:30 PM	4:30 PM	
6:00 PM	6:00 PM	6:00 PM	6:00 PM	6:00 PM	

* Our Saturday morning classes are **FREE** and open to everyone!

Pricing

\$40/yr

\$110/mon

\$60/session

\$35/session

\$100

Registration

Unlimited classes plus Open gym

60 Minute Private Sessions

30 Minute Private Sessions

3 CrossFit Element Sessions

*All new GSX CrossFitters are required to attend three private element sessions to cover CrossFit elements before joining our group classes.

CrossFit Open Gym times:

M, W, F

12:30 - 7:30

T, Th

8:30 - 7:30

Saturday

8:30 - 6:30