WESTRIDGE CROSSFIT SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:00-6:00a.m.	5:00-6:00a.m.	5:00-6:00a.m.			
	CrossFit Class	CrossFit Class	CrossFit Class			
6:00-7:00a.m.	6:00-7:00a.m.	6:00-7:00a.m.	6:00-7:00a.m.	6:00-7:00a.m.		
CrossFit Class	CrossFit Class	CrossFit Class	CrossFit Class	CrossFit Class		
7:00-8:00a.m.		7:00-8:00a.m.	7:00-8:00a.m.	7:00-8:00a.m.		
CrossFit Class		CrossFit Class	CrossFit Class	CrossFit Class		
9:00-10:00a.m.	9:00-10:00a.m.	9:00-10:00a.m.	9:00-10:00a.m.	9:00-10:00a.m.	9:00-10:00a.m.	
CrossFit Class	CrossFit Class	CrossFit Class	CrossFit Class	CrossFit Class	CrossFit Class	
10:15-11:00a.m	10:15-11:00a.m.	10:15-11:00a.m.	10:15-11:00a.m.	10:15-11:00a.m.		Check App for
TRX-Group Ex	TRX-Group Ex	TRX-Group Ex	TRX-Group Ex	TRX-Group Ex		Dates & Times
4:30-5:15p.m.	11:15a.m12:00p.m		11:15a.m12:00p.m.	5:00-6:00p.m.		
Teen Strength	LIFTMOR-PAID		LIFTMOR-PAID	CrossFit Class		
6:00-7:00p.m.	6:00-7:00p.m.	6:00-7:00p.m.				Westridge CF
CrossFit Class	CrossFit Class	CrossFit Class				Open Gym ON- LY available

All classes require reservations or are subject to being cancelled.

Please sign up for class using the YMCA of WNC app.

Effective: November 8, 2025