



Rampant CrossFit

3301 Kent Rd. Stow Shopping Plaza (330) 686-2955
 Class Schedule Effective 6-8-2017

CrossFit Classes

CrossFit Classes						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	CrossFit <i>(Members Only)</i> 5:30-6:30am		CrossFit <i>(Members Only)</i> 5:30-6:30am			
CrossFit 8:45-9:45am		CrossFit 8:45-9:45am			CrossFit 9:30-10:30am	CrossFit <i>(Members Only)</i> 1:00-2:00pm
CrossFit 11:30-12:30pm	CrossFit 11:30-12:30pm	CrossFit 11:30-12:30pm	CrossFit 11:30-12:30pm		CrossFit 10:30-11:30am	CrossFit <i>(Members Only)</i> 2:00-3:00pm
CrossFit 3:30-4:30pm	CrossFit 3:30-4:30pm	CrossFit 3:30-4:30pm	CrossFit 3:30-4:30pm			
CrossFit 4:30-5:30pm	CrossFit 4:30-5:30pm	CrossFit 4:30-5:30pm	CrossFit 4:30-5:30pm	CrossFit 4:30-5:30pm <i>(Members Only)</i>		
CrossFit 5:30-6:30pm	CrossFit 5:30-6:30pm	CrossFit 5:30-6:30pm	CrossFit 5:30-6:30pm	CrossFit 5:30-6:30pm <i>(Members Only)</i>		
CrossFit 6:30-7:30pm	CrossFit 6:30-7:30pm	CrossFit 6:30-7:30pm	CrossFit 6:30-7:30pm	CrossFit 6:30-7:30pm <i>(Members Only)</i>		

Cardio-Fit Kickboxing

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cardio-Fit Kickboxing 7:30-8:15pm	Cardio-Fit Kickboxing 7:30-8:15pm	Cardio-Fit Kickboxing 7:30-8:15pm	Cardio-Fit Kickboxing 7:30-8:15pm		Cardio-Fit Kickboxing 10:00-10:45am	