



# PADUCAH

455 SOUTH 31ST, PADUCAH, KY 42001

## CROSSFIT

5:30 AM-6:30 AM Mon-Fri

8:30 AM-9:30 AM Mon-Fri

10:00 AM-11:00 AM Saturday

12:00 PM-1:00 PM Mon, Wed, Fri

3:30 PM-4:30 PM Mon-Fri

4:30 PM-5:30 PM Mon-Fri

5:30 PM-6:30 PM Mon-Fri

6:30 PM-7:30 PM Mon-Fri

## KIDS FIT

11:00 AM-11:30 AM Saturday

## BARBELL CLUB

9:00 AM-10:00 AM Saturday

## OPEN GYM

6:30 AM-8:30 AM Mon-Fri

1:00 PM-3:00 PM Mon, Wed, Fri

11:00 AM-12:00 PM Saturday

2:00 PM-04:00 PM Sunday

## ROMWOD

8:30 AM-9:00 AM Saturday

