



METROPOLIS

210 W 7TH, METROPOLIS, ILLINOIS 62960

CROSSFIT

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

9:00 AM-10:00 AM Saturday

12:00 PM-1:00 PM Tues&Thurs

4:15 PM-5:30 PM Mon-Fri

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

6:45 PM-7:45 PM Mon-Fri

OPEN GYM

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

ROMWOD

8:00 AM-9:00 AM Saturday

