



CrossFit Group Class Schedule

2638 Quarry Lake Drive
Baltimore, MD 21209

www.arenalfitness.com

owners@arenalfitness.com

410-65-erupt (410-653-7878)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am	6:30am	6:30am	6:30am	6:30am	8:30am
8:30am	9am	8:30am	9am	6:00pm	9:30am*
6pm	5:30pm	6pm	5:30pm		
7pm	6:30pm	7pm	6:30pm		

Registration required for all classes. Visit our website for "Online Registration"

class times subject to change at the discretion of Arenal Fitness

class schedule effective 8/1/2010 * = trial class time slot(s), participation to be evaluated through October 31, 2010