



# CrossFit & Kettlebell Group Class Schedule

2638 Quarry Lake Drive  
Baltimore, MD 21209

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[owners@arenalfitness.com](mailto:owners@arenalfitness.com)

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

| Monday   | Tuesday | Wednesday | Thursday | Friday   | Saturday |
|----------|---------|-----------|----------|----------|----------|
| 6:30am   | 6am     | 6:30am    | 6:30am   | 6am      | 7am      |
| 8:30am   | 6:30am  | 8:30am    | 9am      | 6:30am   | 8:15am   |
| 9:30am   | 9am     | 5:30pm    | 12pm ☺   | 7:30am ☺ | 9:30am   |
| 9:30am   | 12pm ☺  | 6pm       | 5pm ☺    | 8:30am   | 10:30am  |
| 5:30pm ☺ | 5pm ☺   | 7pm       | 5pm ☺    | 9:30am   |          |
| 6pm      | 5:30pm  |           | 5:30pm   | 5:30pm   |          |
| 7pm      | 5:30pm  |           | 5:30pm   | 6:00pm   |          |
|          | 6:30pm  |           | 6:30pm   |          |          |

*CrossFit Classes*

*Kettlebell Classes ☺*

*CrossFit Kids Classes ☺*

Pre-requisite of our Basics program and online registration required for all group classes.

☺ = 30 minute class duration \*Class times subject to change at the discretion of Arenal Fitness.