



CrossFit & Kettlebell 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	6am	6:30am	6:30am	6am	7am
8:30am	6:30am	8:30am	9am	6:30am	8:15am
9:30am	9am	5:30pm	12pm ☺	8:30am	9:30am
9:30am	12pm ☺	6pm	5pm ☺	9:30am	10:30am
5:30pm ☺	5pm ☺	7pm	5pm ☺	5:30pm	
6pm	5:30pm		5:30pm	6:00pm	
7pm	5:30pm		5:30pm		
	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.