


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CROSSFIT 5:30am Christine Soccer field / GX Studio South	CROSSFIT 5:30am Caleb Hockey rink / GX Studio South	CROSSFIT 5:30am Christine Soccer field / GX Studio South	CROSSFIT 5:30am Christine Hockey rink / GX Studio South	CROSSFIT 5:30am Chantell Soccer field / GX Studio South	CROSSFIT 8am Caleb GX Studio South	REST DAY
FIT SYSTEMS 9:15am Brena GX Studio South	FIT SYSTEM 9:15am James Soccer Field	FIT SYSTEMS 9:15am Brena GX Studio South	FIT SYSTEM 9:15am Caleb GX Studio South	FIT SYSTEMS 9:15am James GX Studio South / Soccer field	FIT SYSTEMS 9:15am Brena GX Studio South	
CROSSFIT 10:30am Christine Soccer Field/ GX Studio South	FIT SYSTEMS 12pm James Soccer Field/ GX Studio South	CROSSFIT 10:30am Christine Soccer Field/ GX South Studio	FIT SYSTEMS 12pm James Soccer Field/ GX Studio South			
CROSSFIT 5:30pm Caleb Basketball Court	CROSSFIT 5:30pm James GX Studio South	CROSSFIT 5:30pm James Basketball Court/ GX Studio South	CROSSFIT 5:30pm James GX Studio South	CROSSFIT 5:30pm Caleb GX Studio South		

Bladium Hours
 Mon–Fri: 5am–12am
 Sat–Sun: 7am–8pm

Kids Club / Childcare Hours
 Mon–Thurs: 8am–12pm, 4–7:30pm
 Fri: 8am–12pm, 4–6:30pm
 Sat–Sun: 8am–12pm

Questions or Comments?
 James Dorr – Program Coordinator
 (303) 320-3033
 denverpt@bladium.com

 Indicates new class, location, instructor, and/or time.

\$69/Month For Unlimited Sessions
 Check us out at BladiumCrossFit.com and Facebook