

JSA SCHEDULE

starting 1/23/17

CROSSFIT ACADEMY	Included in JSA CrossFit membership
8:30am	Thurs
10:00am	Sat
4:00pm	Tues

CROSSFIT ALL LEVELS	Included in JSA CrossFit membership
5:15am*	Mon-Fri
6:00am*	Mon-Fri
6:45am*	Tues-Wed
7:30am*	Mon-Thurs & Sat
8:30am*	Sat
9:00am*	Mon-Fri & Sun
9:30am*	Sat
10:00am*	Sun
11:00am*	Mon & Wed 30 min Express Class
4:00pm*	Mon-Thurs
5:00pm*	Mon-Fri
6:00pm*	Mon-Fri
7:00pm*	Mon-Thurs
8:00pm*	Mon-Wed

MARTIAL ARTS-ADULTS	Included in JSA CrossFit membership
10:00am	Sun
11:00am	Sat
7:00pm	Mon-Fri

JSA KIDS/TEENS	JSA Kids/Teens membership
6:00pm KIDS	Mon & Wed
6:00pm TEENS	Tues & Thurs
10:45-11:30am KIDS	Sat
11:30-12:15pm TEENS	Sat

JSA AIR	
9:00am	Tues
5:00pm	Mon
6:00pm	Thurs

JSA ROW	Included in JSA CrossFit membership
6:45am	Thurs
8:30am	Sat
5:00pm	Tues
6:00pm	Wed

JSA ROM	Included in JSA CrossFit membership
10:00am	Thurs
4:30pm	Tues
6:00pm	Mon

JSA LIFT	Included in JSA CrossFit membership
7:00pm	Wed

JSA STRONG	Included in JSA CrossFit membership
6:00pm	Tues

JSA YOGA	Included in JSA CrossFit membership
8:00pm	Thurs

JSA KETTLEBELL	Included in JSA CrossFit membership
6:45am	Mon

JSA OPEN GYM	Included in JSA CrossFit membership
8:30-9:00am	Mon-Fri
10:00-11:00am	Mon-Fri
4:00-6:00pm	Mon-Thurs
7:00-8:00pm	Mon-Thurs
8:00-8:45pm	Mon-Wed