



JoinTheEpic.com

JANUARY 2024

MON		TUE		WED		THU		FRI	
1		2		3		4		5	
CLOSED		<ul style="list-style-type: none">• 6:00AM• 12PM• 5:30PM• 6:30 PM		<ul style="list-style-type: none">• 6:00AM• 12PM• 5:30PM• 6:30 PM		<ul style="list-style-type: none">• 6:00AM• 12PM• 5:30PM• 6:30 PM		PARTNER WOD 5:30-8:30PM	
8		9		10		11		12	
<ul style="list-style-type: none">• 6:00AM• 12PM• 5:30PM• 6:30 PM		<ul style="list-style-type: none">• 6:00AM• 12PM• 5:30PM• 6:30 PM		<ul style="list-style-type: none">• 6:00AM• 12PM• 5:30PM• 6:30 PM		<ul style="list-style-type: none">• 6:00AM• 12PM• 5:30PM• 6:30 PM		BASELINS TESTING & PARTNER WOD 5:30-8:30PM	
15		16		17		18		19	
CLOSED		<ul style="list-style-type: none">• 6:00AM• 12PM• 5:30PM• 6:30 PM		<ul style="list-style-type: none">• 6:00AM• 12PM• 5:30PM• 6:30 PM		<ul style="list-style-type: none">• 6:00AM• 12PM• 5:30PM• 6:30 PM		NUTRITION SEMINAR & PARTNER WOD 5:30-8:30PM	
22		23		24		25		26	
<ul style="list-style-type: none">• 6:00AM• 12PM• 5:30PM• 6:30 PM		<ul style="list-style-type: none">• 6:00AM• 12PM• 5:30PM• 6:30 PM		<ul style="list-style-type: none">• 6:00AM• 12PM• 5:30PM• 6:30 PM		<ul style="list-style-type: none">• 6:00AM• 12PM• 5:30PM• 6:30 PM		INTRO TO CF & PARTNER WOD 5:30-8:30PM	
29		30		21		1		2	
<ul style="list-style-type: none">• 6:00AM• 12PM• 5:30PM• 6:30 PM		<ul style="list-style-type: none">• 6:00AM• 12PM• 5:30PM• 6:30 PM		<ul style="list-style-type: none">• 6:00AM• 12PM• 5:30PM• 6:30 PM		<ul style="list-style-type: none">• 6:00AM• 12PM• 5:30PM• 6:30 PM		PARTNER WOD 5:30-8:30PM	

*Schedule subject to change. Please visit jointheepic.com/crossfit2960/ for the most up to date schedule. Epic Members only, CrossFit Upgrade required. Maximum of 20 individuals per class. First come, first serve. Ages 14+