

GROUP FITNESS SCHEDULE

	MON	TUES	WED	THUR	FRI	SAT
6am	RISE & GRIND	RISE & GRIND	TD = TOTAL DEVELOPMENT	RISE & GRIND	TD = TOTAL DEVELOPMENT	
	PILATES		PILATES		PILATES	
7:30am	BODY FIT	BODY FIT		BODY FIT	BODY FIT	TOTAL BODY CONDITIONING
8am					PILATES	
9am		PILATES		PILATES		PILATES
10am		LIFT		LIFT		
12:10pm	POWER 40	POWER 40	POWER 40 KICKBOXING	POWER 40	POWER 40	
5:30pm				PILATES		
6pm	BUILD & BURN	BUILD & BURN	BUILD & BURN			
6:30pm		BODY FIT		BODY FIT		



MONTHLY PRICING

GROUP FITNESS TRAINING


2x week = **\$109/mo**
 3x week = **\$159/mo**
 Unlimited = **\$199/mo**
 Drop-in = **\$15**

PILATES

Unlimited = **\$199/mo**
 Drop-in = **\$25**

INSTRUCTORS

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CROSSFIT MONTHLY PRICING

Up to 3x week = \$129/mo

Unlimited = \$149/mo

Punch Card = \$135 for 10 classes

**10% off with 3-month autopay commitment*

KIDS CROSSFIT MONTHLY PRICING

2x week = \$109/mo

3x week = \$129/mo

Unlimited = \$149/mo

Punch Card = \$135 for 10 classes

**10% off for Evoke members*



CrossfitBangarang.com

CROSSFIT BANGARANG FITNESS SCHEDULE

	MON	TUES	WED	THURS	FRI	SAT
5:30am	CROSSFIT		CROSSFIT		CROSSFIT	
6:30am	CROSSFIT	CROSSFIT	CROSSFIT		CROSSFIT	
7am						OPEN GYM
8am						BARBELL
9am						CROSS-FIT KIDS CROSS-FIT AGES 6-12
9:30am	CROSSFIT	CROSSFIT	CROSSFIT		CROSSFIT	
10am						
12:30pm	CROSSFIT	CROSSFIT	CROSSFIT	OPEN GYM	CROSSFIT	
4:30pm	CROSS-FIT KIDS CROSS-FIT AGES 6-12	CROSSFIT	CROSS-FIT KIDS CROSS-FIT AGES 6-12	OPEN GYM 4:30PM - 7:30PM	CROSSFIT	
5:30pm	CROSSFIT	CROSSFIT	CROSSFIT		CROSSFIT	
6:30pm	CROSSFIT	OPEN GYM	CROSSFIT			

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