





















FREE, PEER-LED WORKOUTS FOR MEN



SUN	MON	TUE	WED	THU	FRI	SAT
 6:15 - 7:00 AM GRAPHITE Barrie Park, 127 Garfield St	 5:30 - 6:15 AM CITY LIMITS Columbus Park, 5701 W Jackson Blvd	 5:30 - 6:30 AM THE COMBINE Kribi Coffee FP, 7324 Madison St	 5:30 - 6:15 AM DONUT SHOP 460 Lake St	 5:30 - 6:30 AM THE KRIB Kribi Coffee FP, 7324 Madison St	 5:30 - 6:15 AM EAGLES LANDING Irving School, 1125 S Cuyler Ave	 6:00 - 7:00 AM RISING SUN Ridgeland Common, 415 Lake St
 7:00 - 7:45 AM CHERNOBYL Barrie Park, 127 Garfield St	 5:30 - 6:15 AM THE ARENA Roosevelt Middle School, 7560 Oak Ave, RF	 5:45 - 6:30 AM LIL TUNDRA Longfellow Park, 610 S Ridgeland Ave	 5:30 - 6:15 AM THE NUNNERY <i>(Jun - Aug)</i> Priors Park 7354 Division St <i>(Sep - May)</i> Trinity High School 7574 Division St	 6:00 - 6:45 AM THE DEN Carroll Park 1125 S Kenilworth Ave	 5:30 - 6:15 AM THE OVEN Roos Rec Center 7329 Harrison St, FP	 7:00 - 8:00 AM WRECK CENTER Ridgeland Common, 415 Lake St
	 6:30 - 7:15 AM WRECK CENTER Ridgeland Common, 415 Lake St		 6:30 - 7:15 AM THE TUNDRA Lindberg Park 1150 N Marion St		 6:30 - 7:15 AM WRECK CENTER Ridgeland Common, 415 Lake St	 7:00 - 8:00 AM THE CONSPIRACY North End of OPRF Track, 617 Erie St



F3Chicago.com
F3OakPark@gmail.com



Bootcamp



Coupon



Ruck



Run