

# Weekly Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5-6 AM		CROSSFIT		CROSSFIT		CROSSFIT	
6-7 AM		CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
8:30-9:30 AM		CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
9-10 AM							COMMUNITY WOD
9:30-11 AM		OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	
10-11 AM							WEIGHTLIFTING & ENDURANCE
2-3 PM	CROSSFIT						
4-5 PM		CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
5-6 PM		CROSSFIT & TEENS	CROSSFIT & TEENS	CROSSFIT & TEENS	CROSSFIT & TEENS	CROSSFIT & TEENS	
6-7 PM		CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
7-8 PM		WEIGHTLIFTING & OPEN GYM	GYMNASTICS & OPEN GYM	ENDURANCE & OPEN GYM	WEIGHTLIFTING & OPEN GYM		