

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00 AM	CrossFit 6am	CrossFit 6am	CrossFit 6am	CrossFit 6am	CrossFit 6am			6:00 AM
6:30 AM								6:30 AM
7:00 AM	CrossFit 7am	CrossFit 7am	CrossFit 7am	CrossFit 7am	CrossFit 7am			7:00 AM
7:30 AM								7:30 AM
8:00 AM								8:00 AM
8:30 AM	CrossFit 8:30am	CrossFit 8:30am	CrossFit 8:30am	CrossFit 8:30am	CrossFit 8:30am			8:30 AM
9:00 AM						CrossFit 9am		9:00 AM
9:30 AM								9:30 AM
10:00 AM								10:00 AM
10:30 AM						CrossFit - Free 10:15am		10:30 AM
11:00 AM								11:00 AM
11:30 AM								11:30 AM
12:00 PM	CrossFit 12pm	CrossFit 12pm	CrossFit 12pm	CrossFit 12pm	CrossFit 12pm			12:00 PM
12:30 PM								12:30 PM
1:00 PM								1:00 PM
1:30 PM								1:30 PM
2:00 PM								2:00 PM
2:30 PM								2:30 PM
3:00 PM								3:00 PM
3:30 PM								3:30 PM
4:00 PM								4:00 PM
4:30 PM	CrossFit 4:30pm	CrossFit 4:30pm	CrossFit 4:30pm	CrossFit 4:30pm	CrossFit 4:30pm		Mobility 4pm-5:15pm	4:30 PM
5:00 PM								5:00 PM
5:30 PM	CrossFit 5:30pm	CrossFit 5:30pm	CrossFit 5:30pm	CrossFit 5:30pm	CrossFit 5:30pm			5:30 PM
6:00 PM								6:00 PM
6:30 PM	CrossFit 6:30pm	CrossFit 6:30pm	CrossFit 6:30pm	Mobility 6:30pm				6:30 PM
7:00 PM								7:00 PM
7:30 PM								7:30 PM
8:00 PM								8:00 PM
	Monday	Tuesday	Wednesday	Thursday	Friday			