



Revised 03/22/2021

	MON	TUE	WED	THUR	FRI	TIME	SAT	SUN
5:15 AM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	8:30 AM	CROSSFIT	
9:00AM	CROSSFIT		CROSSFIT					
Afternoon	MON	TUE	WED	THUR	FRI			
4:30 PM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT				
6:00 PM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT				

**CrossFit:** One hour CrossFit class that incorporates gymnastics, Olympic weight lifting, kettle bells and metabolic conditioning. This high intensity class is scalable to any fitness or skill level.