



## Westchase/Oldsmar

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15a	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	Olympic Lifting 8am
6a, 7a, 8a,9a	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit 9am
NEW! 10am	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	Yoga 9:30am
11:30am						
12:00 - 1:00pm	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
1:00-2:00pm						
3:30-4:30pm						
5:00-6:00	CrossFit	CrossFit	CrossFit	CrossFit		
6:00-7:00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit 5:30	
7:00-8:00	CrossFit	CrossFit Yoga 6:45	CrossFit	CrossFit Yoga 6:45		
7:30 - 8:30pm	Olympic Lifting 7pm		Olympic Lifting 7pm			