



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6a, 7a, 8a	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
9:30 -10:30am	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	Yoga(9:15am) CrossFit
10:00 -11:00am						
10:45-11:30						
12:00 - 1:00pm	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
1:00-2:00pm						
3:30-4:30pm						
5:00-5:30	CrossFit	CrossFit	CrossFit	CrossFit		
5:30-6:30	CrossFit/	CrossFit	CrossFit/	CrossFit		
6:30-7:30pm	CrossFit	CrossFit Yoga 6:30p	Catch 23 5K	CrossFit	CrossFit 6pm	
7:00 - 8:00pm		Strength Club				
8:00 – 10:00pm						