

SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
5:30						
6:00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
6:30						
7:00						
7:30						
8:00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit
8:30						
9:00						
15:00						
15:30						
16:30	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
17:30	CrossFit	CrossFit	CrossFit	CrossFit		
18:30	CrossFit	CrossFit	CrossFit	CrossFit		