

# SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
9am						CrossFit
10am	CrossFit		CrossFit		CrossFit	CrossFit
11am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
12pm	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
1pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
2pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
3pm		Open Gym		Open Gym	Open Gym	
4pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
5pm	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
6pm	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
7pm	CrossFit	CrossFit	CrossFit	HYROX	CrossFit	
	Foundations		Foundations			

