



MONDAY

TUESDAY












WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

5:30	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
6:30 - 7:10							
7:30							CrossFit
8:30							
9:30	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	OPEN GYM 9:00 - 10:00
10:30 - 12:00	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	
11:00 - 11:40							
12:00	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
4:30	CrossFit	CrossFit	CrossFit		CrossFit		
5:30	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
6:30	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		