



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM CrossFit	5:15 AM CrossFit	5:15 AM CrossFit	5:15 AM Open Gym	5:15 AM CrossFit	
6:30 AM CrossFit	6:30 AM CrossFit	6:30 AM CrossFit	6:30 AM Open Gym	6:30 AM CrossFit	
7:30 AM CrossFit		8:00 AM CrossFit			8:30 AM CrossFit Rotation
	8:30 AM CrossFit	9:00 AM CrossFit	8:30 AM Open Gym	8:30 AM CrossFit	9:30 AM CrossFit Rotation
9:30 AM CrossFit				9:30 AM CrossFit	
5:30 PM CrossFit	5:30 PM CrossFit	5:30 PM CrossFit	5:30 PM Open Gym	5:30 PM CrossFit	
6:30 PM CrossFit	6:30 PM CrossFit	6:30 PM CrossFit			Updated Winter 2019

