



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM CrossFit	5:15 AM CrossFit	5:15 AM CrossFit	5:15 AM CrossFit	5:15 AM CrossFit	
6:30 AM CrossFit	6:30 AM CrossFit	6:30 AM CrossFit	6:30 AM CrossFit	6:30 AM CrossFit	
	7:30 AM CrossFit				8:30 AM CrossFit Rotation
8:30 AM CrossFit	8:30 AM CrossFit	8:30 AM CrossFit	8:30 AM CrossFit	8:30 AM CrossFit	9:30 AM CrossFit Rotation
9:30 AM CrossFit		9:30 AM CrossFit	9:30 AM CrossFit	9:30 AM CrossFit	
5:30 PM CrossFit	5:30 PM CrossFit	5:30 PM CrossFit	5:30 PM CrossFit	5:30 PM CrossFit	
6:30 PM CrossFit		6:30 PM CrossFit	6:30 PM CrossFit		<i>Updated January 2019</i>

