



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM CrossFit Tami	5:15 AM CrossFit Jorge	5:15 AM CrossFit	5:15 AM CrossFit Jorge	5:15 AM CrossFit Tami	
6:30 AM CrossFit Tami	6:30 AM CrossFit Jorge	6:30 AM CrossFit	6:30 AM CrossFit Jorge	6:30 AM CrossFit Tami	
	7:30 AM CrossFit Jorge				8:30 AM CrossFit Rotation
8:30 AM CrossFit Tami	8:30 AM CrossFit Jorge	8:30 AM CrossFit	8:30 AM CrossFit Jorge	8:30 AM CrossFit Tami	9:30 AM CrossFit Rotation
9:30 AM CrossFit Tami		9:30 AM CrossFit	9:30 AM CrossFit Jorge	9:30 AM CrossFit Tami	
5:30 PM CrossFit	5:30 PM CrossFit Tami	5:30 PM CrossFit Ryan	5:30 PM CrossFit Tami		
6:30 PM CrossFit		6:30 PM CrossFit Ryan	6:30 PM CrossFit Tami		

Coach subject to change without notice

(Revised November 2017)

