

CROSSFIT 1811



Time:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
5:30 AM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
6:00 AM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	Kettlebell Club	
6:30 AM							
7:00 AM							
7:30 AM							
8:00 AM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
8:30 AM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
9:00 AM	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	PARTNER CROSSFIT	
9:30 AM	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	PARTNER CROSSFIT	
10:00 AM	BARBELL Club	Silver	BARBELL Club	Silver			OPEN GYM
10:30 AM	BARBELL Club	Silver	BARBELL Club	Silver			OPEN GYM
11:00 AM							
11:30 AM							
12:00 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
12:30 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning		
4:30 PM	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning	Strength & Conditioning		
5:00 PM	BARBELL Club	Open Gym	BARBELL Club	Open Gym	Open Gym		
5:30 PM	BARBELL Club	Open Gym	BARBELL Club	Open Gym	Open Gym		
6:00 PM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
6:30 PM							