

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:15 CrossFit—CM	5:15 CrossFit—Ron	5:15 CrossFit—RH	5:15 CrossFit—Ron		
	6:15 CrossFit—CM	6:15 CrossFit—Ron	6:15 CrossFit—RH	6:15 CrossFit—Ron	6:15 CrossFit—SR	
	7:15 CrossFit—CM		7:15 CrossFit—RH		7:15 CrossFit—SR	
9:00 CrossFit—DS	9:00 CrossFit—DS	9:00 CrossFit—AN	9:00 CrossFit—BW	9:00 CrossFit—SR	9:00 CrossFit—SR	9:00 CrossFit—Ron
10:00 CrossFit—DS	10:00 CrossFit—DS	10:00 CrossFit—AN	10:00 CrossFit—BW	10:00 CrossFit—SR	10:00 CrossFit—SR	10:00 CrossFit—Ron
						11:00 CrossFit—Ron
AFTERNOON						
	3:00 CrossFit—AN	3:30 CrossFit—DS CF Kids (7-12)—CM	3:00 CrossFit—SR Strong Girls (7-12)—CM	3:30 CrossFit—SR CF Kids (7-12)—DP	3:00 CrossFit—CM	
	4:00 CrossFit—SR CF Kids (7-12)—DP	4:30 CrossFit—CM CF Teens (13-15)—CM	4:00 CrossFit—SR Strong Girls (13-15)—CM	4:30 CrossFit—AN CF Teens (13-15)—DP	4:00 CrossFit—BW Strong Girls (7-12)—CM	
	5:00 CrossFit—SR CF Teens (13-15)—DP	5:30 CrossFit—BW	5:00 CrossFit—SR CF Kids (7-12)—DP	5:30 CrossFit—AN	5:00 CrossFit—BW Strong Girls (13-15)—CM	
	6:00 CrossFit—SR	6:30 CrossFit—BW	6:00 CrossFit—RB CF Kids (13-15)—DP	6:30 CrossFit—BW	6:00 CrossFit—BW	
	7:00 CrossFit—BW	7:30 CrossFit—BW	7:00 CrossFit—RB	7:30 CrossFit—BW		