

# WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 CROSSFIT 6:00 HUSTLE	5:30 CROSSFIT	5:30 CROSSFIT 6:00 HUSTLE	5:30 CROSSFIT	5:30 CROSSFIT 6:00 HUSTLE		
8:30 CROSSFIT	8:30 CROSSFIT	8:30 CROSSFIT	8:30 CROSSFIT	8:30 CROSSFIT		
<b>OPEN GYM</b>					10:00 CONDITIONING	
					11:00 KIDS BJJ	11:00 KIDS BJJ
					12:00 ADULT BJJ	12:00 ADULT BJJ
					2:00 WRESTLING	
2:45 KIDFIT		2:45 KIDFIT		2:45 KIDFIT		
4:00 CROSSFIT	4:00 CROSSFIT	4:00 CROSSFIT	4:00 CROSSFIT	4:00 CROSSFIT		
5:15 CROSSFIT	5:15 CROSSFIT	5:15 CROSSFIT	5:15 CROSSFIT	5:15 CROSSFIT		
6:00 TEENFIT	6:00 WRESTLING	6:00 TEENFIT		6:00 TEENFIT		
7:00 OPEN MAT		6:00 KIDS BJJ 7:00 ADULT BJJ	6:00 KIDS BJJ 7:00 ADULT BJJ	6:00 WRESTLING		

