

# Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	CrossFit 5:30 AM (1hr)	CrossFit 5:30 AM (1hr)	CrossFit 5:30 AM (1hr)	CrossFit 5:30 AM (1hr)	CrossFit 5:30 AM (1hr)	
	BootCamp 6:30 AM (45 min)	BootCamp 6:30 AM (45 min)	BootCamp 6:30 AM (45 min)	BootCamp 6:30 AM (45 min)	BootCamp 6:30 AM (45 min)	
						CrossFit 9:30am (1hr)
	CrossFit NOON (1hr)	CrossFit NOON (1hr)	CrossFit NOON (1hr)	CrossFit NOON (1hr)	CrossFit NOON (1hr)	
					Open Gym 4pm to 6pm	
	BootCamp 5:30 pm (45 min)	BootCamp 5:30 pm (45 min)	BootCamp 5:30 pm (45 min)	BootCamp 5:30 pm (45 min)		
	CrossFit 6:15pm (1hr)	CrossFit 6:15pm (1hr)	CrossFit 6:15pm (1hr)	CrossFit 6:15pm (1hr)		