

STARTING January 10th

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 9:30am (1hr)	CrossFit 9:30am (1hr)	CrossFit 9:30am (1hr)	CrossFit 9:30am (1hr)	CrossFit 9:30am (1hr)
						PUBLIC CLASS - FREE AND OPEN TO ALL AGES 10:30 AM (45 min)
	CrossFit NOON (1hr)	CrossFit NOON (1hr)	CrossFit NOON (1hr)	CrossFit NOON (1hr)	CrossFit NOON (1hr)	
	CrossFit Competitors Club 4:00pm (1.5hr)	CrossFit Competitors Club 4:00pm (1.5hr)	CrossFit Competitors Club 4:00pm (1.5hr)	CrossFit Competitors Club 4:00pm (1.5hr)	CrossFit Competitors Club 4:00pm (1.5hr)	
	BootCamp 5:30 pm (45 min)	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)	CrossFit 6:15pm (1hr)	