

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	CrossFit	CrossFit	CrossFit		CrossFit		
6:30 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	8:30 CrossFit: KidCare room is open	
7:30 AM		CrossFit		CrossFit			
9:30 AM	CrossFit: KidCare room is open	CrossFit:	CrossFit: KidCare room is open	CrossFit:	CrossFit	Olympic Lifting 101 and Community WOD	
12:00	CrossFit		CrossFit		CrossFit		10:00-11:30 Sunday Morning Barbell Club
3:30		Project 15 Fit Teens		Project 15 Fit Teens			
4:30		Project 15 Fit Kids		Project 15 Fit Kids			
5:30 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
6:30 PM		Boot Camp		Boot Camp			
6:30 PM	CrossFit	CrossFit	CrossFit	CrossFit			
7:30 PM	CrossFit Introduction Class		CrossFit Introduction Class				

