

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 AM	CrossFit	CrossFit + WCF	CrossFit	CrossFit + WCF	CrossFit		
6:30 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
7:00 AM						CrossFit + WCF	
7:30 AM		SHRED		SHRED			
7:45 AM	BaseFit		BaseFit		BaseFit		
8:00 AM		CrossFit				Mobility	
8:30 AM	CrossFit		CrossFit	Mobility	CrossFit		Women CF
9:00 AM	Women CF	Women CF		Women CF		CrossFit + WCF	
12:00 PM	CrossFit		CrossFit		CrossFit		
4:00 PM	CrossFit	SHRED	CrossFit	CrossFit	SHRED		
5:00 PM	CrossFit		CrossFit	CrossFit			
5:00 PM	BaseFit	Endurance	BaseFit	BaseFit	BaseFit		
6:00 PM	CrossFit	Women CF	CrossFit	CrossFit	CrossFit + WCF		
7:00 PM	CrossFit + WCF	CrossFit	CrossFit	CrossFit + WCF			
8:00 PM							
CrossFit							
BaseFit							
Endurance							
Open Gym							
YOGA							
SHRED							
Mobility							
Women CF							
CrossFit + WCF							