

Time	Mon	Tues	Wed	Thurs	Fri	Sat
6:15am	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	
10:30am						Olympic lifting
11:30am						Crossfit
1pm	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	
4pm					Crossfit	
4:30pm	Crossfit	Crossfit	Crossfit	Crossfit		
5pm					Crossfit	
5:30pm	Crossfit	Crossfit	Crossfit	Crossfit		
6pm					Crossfit	
6:30pm	Crossfit	Crossfit	Crossfit	Crossfit		
7pm					Beginners	
7:30pm	Beginners	Crossfit	Beginners	Crossfit		