



# WEEKLY TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>5:30AM</b>	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
<b>6:30AM</b>						
<b>7:00AM</b>						CrossFit
<b>9:30AM</b>	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
<b>12:30PM</b>	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
<b>1:30PM</b>	CrossFit Strength		CrossFit Strength			
<b>4:30PM</b>	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
<b>5:30PM</b>	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	

\* Please note that all Intro classes are by appointment only and limited to a maximum of 5 people per class