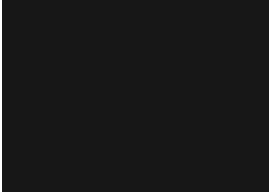




WEEKLY TIMETABLE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
6:00AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
7:00AM	Intro to CrossFit		Intro to CrossFit		Intro to CrossFit	CrossFit
8:00AM						CrossFit
9:30AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
3:30PM	CrossFit Kids	CrossFit Kids	CrossFit Kids	CrossFit Kids	CrossFit Kids	
5:00PM	CrossFit	CrossFit	CrossFit	CrossFit		
6:00PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
7:00PM	Intro to CrossFit	Intro to CrossFit	Intro to CrossFit	Fundamentals		

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



SUNDAY