

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EXPLICIT CROSSFIT	CF 5am		CF 5am	CF 5am	CF 5am	C-WOD 9AM
	6am		6am	6am	6am	Yoga 8am
	9am	60+ 11am	9am	9am	9am	Bar 10:15am
	4pm		4pm	4pm	4pm	
	5pm	BC 6pm	5pm	5pm	5pm	
	6pm		W-WOD 6pm	6pm	6pm	
				Yoga 6:30pm		

CF = CrossFit	Yoga = Yoga
60+ = CrossFit 60+ Fitness	BC = Bootcamp
W-WOD = CrossFit Family Worship WOD	Bar = Barbell Club
C-WOD = CrossFit Community Team WOD	