

	CrossFit		Boot Camp		Oly Lift		SPRINT		Foundations					
	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	East	West	East	West	East	West	East	West	East	West	East	West	East	West
6am	CrossFit	CrossFit	Boot Camp	CrossFit	CrossFit		Boot Camp		CrossFit	CrossFit				
7am	Boot Camp	CrossFit	CrossFit	CrossFit	Boot Camp		Boot Camp	Boot Camp	Boot Camp	CrossFit				
8am														
9am		CrossFit		CrossFit						CrossFit	Boot Camp	CrossFit		
10am	CrossFit		CrossFit		CrossFit		Boot Camp		CrossFit		CrossFit	CrossFit		Sprint
11am											CrossFit			
12pm	CrossFit 45 min		CrossFit 45 min		CrossFit 45 min		Boot Camp		CrossFit 45 min					
1:30pm	Foundations				Foundations				Foundations					
2:30pm														
3:30pm														
4:30pm	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	Boot Camp		CrossFit	CrossFit				
5:30pm	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	Olympic Lifting	Boot Camp	CrossFit	CrossFit				
6:30pm	CrossFit	CrossFit	Boot Camp	CrossFit	CrossFit	CrossFit	Boot Camp	Sprint	CrossFit					
7:30pm	CrossFit		CrossFit		CrossFit		Boot Camp		Foundations					
8:30pm	Foundations				Foundations									