MolyFit Timetable: Starting March 9

Mon

DAYN	BEN	CORAL	MIKE	OPEN HOURS
	CROSSFIT 5:30 – 6:30	WL 6:00 – 7:30 1.5 HRS		5:30 – 7:30
	CROSSFIT 6:30 – 7:30			
	CROSSFIT 9:15 – 10:15	WL 9:00 – 11:00 2 HRS		9:00 – 11:00
				4:00 – 7:30
CROSSFIT 4:30 – 5:30			WL 4:30 – 7:30 3 HRS	
CROSSFIT 5:30 – 6:30				
CROSSFIT 6:30 – 7:30				

Tues

DAYN	CORAL	OPEN HOURS
CROSSFIT 5:30 – 6:30		5:30 – 7:30
	WL 6:30 – 7:30 1 HR	
		3:30 – 7:30
	WL 4:00 – 7:00 3 HRS	
CROSSFIT 4:30 – 5:30		
CROSSFIT 5:30 – 6:30		
CROSSFIT 6:30 – 7:30		

Note: in the Tues schedule, the WL 6:30 – 7:30 1 HR block is printed in the DAYN column.

Wed

DAYN	CORAL	OPEN HOURS
CROSSFIT 5:30 – 6:30		5:30 – 7:30
CROSSFIT 6:30 – 7:30		
CROSSFIT 9:15 – 10:15		9:00 – 10:30
		3:30 – 7:30
	WL 4:00 – 6:00 2 HRS	
CROSSFIT 4:30 – 5:30		
CROSSFIT 5:30 – 6:30	**WL FM** 6:00 – 7:00 1 HR	
WL 6:30 – 7:30 1 HR		

Thur

DAYN	CORAL	MIKE	OPEN HOURS
CROSSFIT 5:30 – 6:30	WL 6:00 – 7:30 1.5 HRS		5:30 – 7:30
			3:30 – 7:30
CROSSFIT 4:30 – 5:30	WL 4:15 – 7:00 2.45 HRS	WL 4:15 – 6:00 1.45 HRS	
CROSSFIT 5:30 – 6:30		**WL FM** 6:00 – 7:00 1 HR	
CROSSFIT 6:30 – 7:30			

Fri

DAYN	BEN	CORAL	OPEN HOURS
	CROSSFIT 5:30 – 6:30		5:30 – 7:30
	CROSSFIT 6:30 – 7:30		
	CROSSFIT 9:15 – 10:15	WL 9:30 – 11:30 2 HRS	9:00 – 11:30
CROSSFIT 4:30 – 5:30			4:30 – 6:30
CROSSFIT 5:30 – 6:30			

Sat

DAYN	CORAL	MIKE	BOBBY	OPEN HOURS
CROSSFIT 7:00 – 8:00				7:00 – 12:00
CROSSFIT 8:00 – 9:00	WL 8:00 – 11:30 3.5 HRS		LITTLE LIFTERS 8:15 – 9:15	
WL FM 9:00 – 10:00 1 HR		WL 9:00 – 12:00 3 HRS	LITTLE LIFTERS 9:15 – 10:15	

DAYN BEN CORAL MIKE OPEN HOURS — Mon
DAYN CORAL OPEN HOURS — Tues
DAYN CORAL OPEN HOURS — Wed
DAYN CORAL MIKE OPEN HOURS — Thur
DAYN BEN CORAL OPEN HOURS — Fri
DAYN CORAL MIKE BOBBY OPEN HOURS — Sat