

Milton CrossFit Schedule

	Mon		Tues		Wed		Thur		Fri		Sat		
	CROSSFIT	MOLYFIT OPEN	CROSSFIT	MOLYFIT OPEN	CROSSFIT	MOLYFIT OPEN	CROSSFIT	MOLYFIT OPEN	CROSSFIT	MOLYFIT OPEN	CROSSFIT	MOLYFIT OPEN	
5:30am													5:30am
6:00am	CROSSFIT DAYN 5:30 – 6:30	OPEN / WEIGHTLIFTING DAYN 5:30 – 7:30	CROSSFIT BEN 5:30 – 6:30		CROSSFIT DAYN 5:30 – 6:30	OPEN / WEIGHTLIFTING DAYN 5:30 – 7:30	CROSSFIT DAYN 5:30 – 6:30		CROSSFIT DAYN 5:30 – 6:30	OPEN / WEIGHTLIFTING DAYN 5:30 – 7:30			6:00am
6:30am													6:30am
7:00am			CROSSFIT BEN 6:30 – 7:30				CROSSFIT DAYN 6:30 – 7:30						7:00am
7:30am													7:30am
8:00am													8:00am
8:30am											CROSSFIT BEN 8:00 – 9:00		8:30am
9:00am													9:00am
9:30am	CROSSFIT DAYN 9:00 – 10:00	OPEN CORAL 9:00 – 10:30		OPEN CORAL 9:00 – 10:30	CROSSFIT DAYN 9:00 – 10:00	OPEN 8:30 – 10:00		OPEN CORAL 9:00 – 10:30	CROSSFIT DAYN 9:00 – 10:00	OPEN 8:30 – 10:00		OPEN	9:30am
10:00am													10:00am
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4:30pm													4:30pm
5:00pm	CROSSFIT DAYN 4:30 – 5:30		CROSSFIT DAYN 4:30 – 5:30		CROSSFIT DAYN 4:30 – 5:30		CROSSFIT BEN 4:30 – 5:30		CROSSFIT DAYN 4:30 – 5:30	OPEN			5:00pm
5:30pm													5:30pm
6:00pm	CROSSFIT DAYN 5:30 – 6:30		CROSSFIT DAYN 5:30 – 6:30		CROSSFIT DAYN 5:30 – 6:30		CROSSFIT BEN 5:30 – 6:30		CROSSFIT DAYN 5:30 – 6:30				6:00pm
6:30pm													6:30pm
7:00pm	CROSSFIT DAYN 6:30 – 7:30		CROSSFIT DAYN 6:30 – 7:30		CROSSFIT DAYN 6:30 – 7:30		CROSSFIT BEN 6:30 – 7:30						7:00pm
7:30pm													7:30pm
	CROSSFIT	MOLYFIT OPEN	CROSSFIT	MOLYFIT OPEN	CROSSFIT	MOLYFIT OPEN	CROSSFIT	MOLYFIT OPEN	CROSSFIT	MOLYFIT OPEN	CROSSFIT	MOLYFIT OPEN	
	Mon		Tues		Wed		Thur		Fri		Sat		