

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 5:30 – 6:30	OPEN / WEIGHTLIFTING DAYN 5:30 – 7:30	CROSSFIT 5:30 – 6:30		CROSSFIT 5:30 – 6:30	OPEN / WEIGHTLIFTING DAYN 5:30 – 7:30	CROSSFIT 5:30 – 6:30		CROSSFIT 5:30 – 6:30	OPEN / WEIGHTLIFTING DAYN 5:30 – 7:30			6:00am	
6:30am														6:30am
7:00am				CROSSFIT 6:30 – 7:30					CROSSFIT 6:30 – 7:30					
7:30am													7:30am	
8:00am													8:00am	
8:30am											CROSSFIT 8:00 – 9:00		8:30am	
9:00am													9:00am	
9:30am		OPEN 9:00 – 10:30		OPEN 9:00 – 10:30				OPEN 9:00 – 10:30				OPEN	9:30am	
10:00am														10:00am
10:30am														
11:00am													11:00am	
11:30am													11:30am	
12:00pm													12:00pm	
12:30pm													12:30pm	
1:00pm													1:00pm	
3:00pm													3:00pm	
3:30pm													3:30pm	
4:00pm													4:00pm	
4:30pm													4:30pm	
5:00pm	CROSSFIT 4:30 – 5:30		CROSSFIT 4:30 – 5:30		CROSSFIT 4:30 – 5:30		CROSSFIT 4:30 – 5:30		CROSSFIT 4:30 – 5:30	OPEN			5:00pm	
5:30pm														5:30pm
6:00pm	CROSSFIT 5:30 – 6:30		CROSSFIT 5:30 – 6:30		CROSSFIT 5:30 – 6:30		CROSSFIT 5:30 – 6:30		CROSSFIT 5:30 – 6:30					6:00pm
6:30pm													6:30pm	
7:00pm	CROSSFIT 6:30 – 7:30		CROSSFIT 6:30 – 7:30		CROSSFIT 6:30 – 7:30		CROSSFIT 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			