



# CROSSFIT 70 WEEKLY CLASS SCHEDULE

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Location: 1840 W Pearce Blvd  
Wentzville, MO 63385

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

5 - 6 a.m.	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit		
6-7 a.m.	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit		
7-8 a.m.	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	Olympic Lifting	
8-9 a.m.	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	
9-10 a.m.						Burn	
10-11 a.m.						Crossfit	
1-2 p.m.							
2-3 p.m.							Functional BB
3-4 p.m.							Open Gym
4-4:30 p.m.	SWEAT*			SWEAT*			
4:30-5:30 p.m.	Crossfit	Crossfit	Burn	Crossfit	Crossfit		
5:30-6:30 p.m.	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit		
6:30 -7:30 p.m.	Crossfit	Crossfit	Crossfit	Olympic Lifting			
7:30-8:30 p.m.							