



Crossfit 70 Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	CrossfitX
9-10 a.m.						Crossfit Hero
10-11 a.m.						Open Gym
12-1 p.m.	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	
4:30-5:30 p.m.	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	
5:30-6:30 p.m.	Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	
6:30 -7:30 p.m.	Crossfit	Open Gym	Crossfit	Olympic Lifting		
7:30-8:30 p.m.						