

## Intensify Strength and Fitness West (Eugene)

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit
6:30 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit
9:30 AM	CrossFit <sup>1</sup>	CrossFit <sup>1</sup>	CrossFit <sup>1</sup>	CrossFit <sup>1</sup>	CrossFit <sup>1</sup>
12:30 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit
2:45 PM	Intensify Teen Athlete	Intensify Teen Athlete		Intensify Teen Athlete	Intensify Teen Athlete
4:00 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit
5:15 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit
6:45 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit

	Saturday	Sunday
8:00 AM	Crossfit	Closed
9:00 AM	Crossfit	Open Gym 9-11AM

Schedule is subject to change. Please see [www.intensifystrong.com](http://www.intensifystrong.com) for details.

Questions? Please call 541-600-7668 or email [andrew@intensifystrong.com](mailto:andrew@intensifystrong.com).

<sup>1</sup> CrossFit Intensify members volunteer to offer child care during the 9:30 am class! They'll watch your kid while you workout! (NOT OFFERED DURING COVID PERIOD)

Intensify Teen Athlete program is a fantastic, fun strength and conditioning program for kids 12-17 years old.

Open gym times available upon request.