



| Time             | MONDAY                   | TUESDAY                  | WEDNESDAY                               | THURSDAY                | FRIDAY                 | SATURDAY                                 | SUNDAY                             |
|------------------|--------------------------|--------------------------|---|-------------------------|------------------------|--|------------------------------------|
| 5:30am - 6:30am  | CrossFit @ 5:30<br>Scott | CrossFit @ 5:30<br>Scott | CrossFit @ 5:30<br>Scott                | CrossFit @ 5:30<br>Lisa |                        |  |                                    |
| 7:00am-9:00am    |                          | CrossFit @ 7:00<br>Scott |   | CrossFit @ 7:00<br>Lisa |                        | CrossFit @ 8:00<br>Scott                 |                                    |
| 9:00am - 10:00am | Crossfit @ 9:30<br>Lee   | Crossfit @ 9:30<br>Lee   | Metabolic<br>Conditioning<br>@ 9:30 Lee | Crossfit @ 9:30<br>Lisa | Crossfit @ 9:30<br>Lee | Intro Class @ 9:00<br>Scott              |                                    |
| 10:00 - 1:30     |                          | CrossFit @12:30<br>Lee   |   | CrossFit @12:30<br>Lisa |                        | Metabolic<br>Conditioning @<br>10:00 Lee | Interval Training<br>@ 10:00 Devin |
|                  |                          |                          |   |                         |                        |  |                                    |
| 5:00pm - 6:00pm  | CrossFit @5:30<br>Scott  | CrossFit @5:30<br>Lee    | CrossFit @5:30<br>Ashley B              | CrossFit @ 5:30<br>Lee  | CrossFit @ 5:30<br>Lee |  |                                    |
| 6:00pm - 7:00pm  |                          |                          |   |                         |                        |  |                                    |
| 7:00pm - 8:00pm  | CrossFit @7:00<br>Scott  | CrossFit @7:00<br>Lee    | CrossFit @7:00<br>Ashley B              | CrossFit @7:00<br>Lee   |                        |  |                                    |