



## Crossfit 70 Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5 - 6 a.m.	Crossfit	Crossfit	Crossfit	Burn	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	
11:15						Foundations	
1-2 p.m.							Foundations
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	Foundations			
7:30-8:30 p.m.	Foundations	Burn	Foundations				