



CROSSFIT 70 WEEKLY CLASS SCHEDULE

	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	CrossFit	
8-9 a.m.	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
9-10 a.m.						CrossFit	
10-11 a.m.						OPEN GYM	
12-1 p.m.	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
1-2 p.m.							
2-3 p.m.							
3-4 p.m.							
4-4:30 p.m.							
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	OPEN GYM			
7:30-8:30 p.m.							