

	<b>MON</b>	<b>TUES</b>	<b>WEDS</b>	<b>THURS</b>	<b>FRI</b>	<b>SAT</b>
<b>5:30a - 6:30a</b>	5:30 CROSSFIT Kaylee	5:30 CROSSFIT Kelsey	5:30 CROSSFIT Kaylee	5:30 CROSSFIT Kelsey	5:30 CROSSFIT Kelsey	
<b>7:00a - 8:00a</b>	7:00 CROSSFIT Kaylee	7:00 STRENGTH & CONDITIONING Kelsey	7:00 CROSSFIT Kaylee	7:00 STRENGTH & CONDITIONING Kelsey	7:00 CROSSFIT Kelsey	7:00 TEAM WOD Kelsey
<b>8:15a - 9:15a</b>	8:15 STRENGTH & CONDITIONING Kaylee		8:15 STRENGTH & CONDITIONING Kaylee		8:15 STRENGTH & CONDITIONING Kelsey	8:30 TEAM WOD Kelsey
<b>9:30a - 10:30a</b>	9:30 CROSSFIT Kaylee	9:30 STRENGTH & CONDITIONING Nicole	9:30 CROSSFIT Emily	9:30 STRENGTH & CONDITIONING Katie	9:30 CROSSFIT Kelsey	
<b>10:45a - 11:45a</b>		10:45 STATIC DYNAMIC YOGA (YOGA ROOM) Amanda			10:30 YOGA SCULPT OUTSIDE (IN YOGA ROOM IF WEATHER ISSUE) Heather	
<b>1:30p - 2:30p</b>						
<b>3:00p - 4:00p</b>						
<b>4:15p - 5:15p</b>	4:15 STRENGTH & CONDITIONING Joe	4:15 CROSSFIT Kaylee	4:15 STRENGTH & CONDITIONING Julie	4:15 CROSSFIT Kaylee	4:15 CROSSFIT Kelsey	
<b>5:30p - 6:30p</b>	5:30 CROSSFIT Joe	5:30 CROSSFIT Kaylee	5:30 CROSSFIT Stahl	5:30 CROSSFIT Kaylee		