

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