

**FitHAUS OCTOBER 2020 SCHEDULE (EFFECTIVE 10/5/20)**

	MON		TUES	WEDS	THURS	FRI		SAT
<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>6:45a - 7:45a</b>	6:45 CROSSFIT Kaylee		6:45 STRENGTH & CONDITIONING Kelsey	6:45 CROSSFIT Kaylee	6:45 STRENGTH & CONDITIONING Kelsey	6:45 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		8:15 TEAM WOD Kelsey
<b>9:30a - 10:30a</b>	9:30 CROSSFIT Kaylee	9:30 YOGA SCULPT Kelly	9:30 STRENGTH & CONDITIONING Jess	9:30 CROSSFIT Emily	9:30 STRENGTH & CONDITIONING Jess	9:30 CROSSFIT Kelsey	9:30 YOGA SCULPT Heather	9:30 TEAM WOD Kelsey
<b>10:30a - 11:30a</b>			10:30 BARRE FUSION Amanda	10:30 STRENGTH & CONDITIONING Julie				
<b>1:30p - 2:30p</b>								
<b>3:15p - 4:15p</b>			3:15PM PRE-TEEN / TEEN CROSSFIT Kaylee		3:15PM PRE-TEEN / TEEN CROSSFIT Kaylee			
<b>4:15p - 5:15p</b>	4:15 STRENGTH & CONDITIONING Sean		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 Sean		5:30 CROSSFIT Kaylee	5:30 CROSSFIT Kaylee	5:30 CROSSFIT Kaylee			
<b>6:30p - 7:30p</b>			6:30 OPEN GYM Kaylee					