

FitHAUS NOVEMBER 2020 SCHEDULE (EFFECTIVE 11/2/20)

	MON	TUES	WEDS	THURS	FRI	SAT	SUN		
5:30a - 6:30a	5:30 CROSSFIT Kaylee	5:30 CROSSFIT Jess	5:30 CROSSFIT Kaylee	5:30 CROSSFIT Emily	5:30 CROSSFIT Emily				
6:45a - 7:45a	6:45 CROSSFIT Kaylee	6:45 STRENGTH & CONDITIONING Jess	6:45 CROSSFIT Kaylee	6:45 STRENGTH & CONDITIONING Emily	6:45 CROSSFIT Sean	7:00 TEAM WOD various			
8:15a - 9:15a	8:15 STRENGTH & CONDITIONING Kaylee		8:15 STRENGTH & CONDITIONING Kaylee		8:15 STRENGTH & CONDITIONING Sean	8:15 TEAM WOD various			
9:30a - 10:30a	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 Sean	9:30 YOGA SCULPT Heather	9:30 TEAM WOD various	9:00 Mpls Phoenix WOD (thephoenix.org)
10:30a - 11:30a			10:30 BARRE FUSION Amanda	10:30 STRENGTH & CONDITIONING Julie				10:30a - 12:30p GROUP OPEN GYM Rotating Coach (starts 11/8)	
11a - Noon	11:00 INDIV OPEN GYM	11:00 INDIV OPEN GYM							
Noon - 1p	NOON INDIV OPEN GYM	NOON INDIV OPEN GYM	NOON INDIV OPEN GYM	12p INDIV OPEN GYM	NOON INDIV OPEN GYM				
1p - 2p	1:00 INDIV OPEN GYM	1:00 INDIV OPEN GYM		1p INDIV OPEN GYM	1:00 INDIV OPEN GYM				
2p - 3p	2:00 INDIV OPEN GYM	2:00 INDIV OPEN GYM		2p INDIV OPEN GYM	2:00 INDIV OPEN GYM				
3p - 4p		3:15PM PRE-TEEN / TEEN CROSSFIT Kaylee		3:15PM PRE-TEEN / TEEN CROSSFIT Kaylee	3:00 INDIV OPEN GYM				
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 Emily				
5:30p - 6:30p	5:30 CROSSFIT Sean	5:30 CROSSFIT Kaylee	5:30 CROSSFIT Kaylee	5:30 CROSSFIT Kaylee	5:30 Mpls Phoenix WOD (https://thephoenix.org)				
6:30p - 7:30p		6:30 GROUP OPEN GYM Kaylee							