

**FitHAUS Schedule (effective 4/5/21)**

	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 Emily/Kate				
8:15a - 9:15a	8:15 STRENGTH & CONDITIONING Kaylee		8:15 STRENGTH & CONDITIONING Kaylee		8:15 STRENGTH & CONDITIONING Sean	8:15 TEAM WOD Emily/Kate	8:00 BARRE Nicole/Risa /Maria			
9:30a - 10:30a	9:30 CROSSFIT Kaylee	9:30 YOGA SCULPT Kelly	9:30 STRENGTH & CONDITIONING Jess	9:30 CROSSFIT Emily	9:30 BARRE Maria	9:30 STRENGTH & CONDITIONING Jess	9:30 CROSSFIT Sean	9:30 YOGA SCULPT Heather	9:30 TEAM WOD Emily/Kate	9:00 Mpls Phoenix WOD (thephoenix.org)
10:30a - 11:30a	10:30am STRENGTH & CONDITIONING Julie	10:45 VINYASA Kelly		10:45 VINYASA Maria				10:30a - 12:30p GROUP OPEN GYM Rotating Coach (starts 11/8)		
11a - Noon										
Noon - 1p	INDIVIDUAL OPEN GYM	INDIVIDUAL OPEN GYM		INDIVIDUAL OPEN GYM	INDIVIDUAL OPEN GYM					
1p - 2p			INDIVIDUAL OPEN GYM							
2p - 3p										
3p - 4p		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 Kaylee	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 ( <a href="https://thephoenix.org">https://thephoenix.org</a> )					
6:30p - 7:30p		6:30 GROUP OPEN GYM Kaylee								