

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	CrossFit CrossFit Move	CrossFit CrossFit Move Functional Strength	CrossFit CrossFit Move	CrossFit CrossFit Move	CrossFit CrossFit Move		
7:00am	CrossFit CrossFit Move	CrossFit CrossFit Move	CrossFit CrossFit Move	CrossFit CrossFit Move	CrossFit CrossFit Move		
9:00am						CrossFit CrossFit Move	
9:30am	CrossFit CrossFit Move	CrossFit CrossFit Move	CrossFit CrossFit Move	CrossFit CrossFit Move	CrossFit CrossFit Move		Endurance Sunday
10:30am						Mobility	
12:30pm	CrossFit CrossFit Move	CrossFit CrossFit Move	CrossFit CrossFit Move	CrossFit CrossFit Move	CrossFit CrossFit Move		
5:00pm	CrossFit CrossFit Move	CrossFit CrossFit Move	CrossFit CrossFit Move	CrossFit CrossFit Move Functional Strength			
5:30pm					Friday Night Lights**		
6:00pm	CrossFit CrossFit Move	CrossFit CrossFit Move	Olympic Lifting CrossFit Move	CrossFit CrossFit Move			

* Aerobic Endurance is a 1 hour, uncouached session that can be done at any time of day. you are welcome to do it along side the class

** Friday Night Lights involves fun programming to finish off the week with something a bit different - mix of partner / competition and strength WODs

*** During our early stages of opening, Aerobic Endurance and Functional Strength will be on a request basis. Please let us know if you want to do these programs.

