

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SWEAT (6AM - 7AM)	CROSSFIT (5AM - 6AM)	CROSSFIT (5AM - 6AM)	CROSSFIT (5AM - 6AM)	SWEAT (6AM - 7AM)	POWER (7AM - 8AM)	YOGA (9AM -10AM)
CROSSFIT (7AM - 8AM)	SWEAT (6AM - 7AM)	POWER (6AM - 7AM)	SWEAT (6AM - 7AM)	CROSSFIT (7AM - 8AM)	SWEAT (8AM - 9AM)	
SWEAT (9AM - 10AM)	CROSSFIT (7AM - 8AM)	CROSSFIT (7AM - 8AM)	CROSSFIT (7AM - 8AM)	SWEAT (9AM - 10AM)	CROSSFIT (9AM - 10AM)**	
CROSSFIT (NOON - 1PM)	SWEAT (9AM - 10AM)	POWER (9AM - 10AM)	SWEAT (9AM - 10AM)	CROSSFIT (NOON - 1PM)		
CROSSFIT (3PM - 4PM)	CROSSFIT (NOON - 1PM)	CROSSFIT (NOON - 1PM)	CROSSFIT (NOON - 1PM)	CROSSFIT (3PM - 4PM)		
SWEAT (4PM - 5PM)	CROSSFIT (3PM - 4PM)	CROSSFIT (3PM - 4PM)	CROSSFIT (3PM - 4PM)	SWEAT (4PM - 5PM)		
CROSSFIT (5PM - 6PM)	KIDS CROSSFIT (4PM - 5PM)	SWEAT (4PM - 5PM)	KIDS CROSSFIT (4PM - 5PM)	CROSSFIT (5PM - 6PM)		
CROSSFIT (6PM - 7PM)	CROSSFIT (5PM - 6PM)	CROSSFIT (5PM - 6PM)	CROSSFIT (5PM - 6PM)	BARBELL CLUB (6PM - 7PM)		
	SWEAT (6PM - 7PM)	CROSSFIT (6PM - 7PM)	SWEAT (6PM - 7PM)			
	CROSSFIT (7PM - 8PM)		CROSSFIT (7PM - 8PM)			