



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CROSSFIT	5:30 AM 7:00 AM 5:30 PM 6:30 PM 7:30 PM	5:30 AM 7:00 AM 5:30 PM 6:30 PM 7:30 PM	5:30 AM 7:00 AM 5:30 PM 6:30 PM 7:30 PM	5:30 AM 7:00 AM 5:30 PM 6:30 PM 7:30 PM	5:30 AM 5:30 PM	8:30 AM
BOOTCAMP	5:00 AM 4:30 PM 5:30 PM	5:00 AM 4:30 PM 5:30 PM	5:00 AM 4:30 PM 5:30 PM	5:00 AM 4:30 PM 5:30 PM	5:00 AM 4:00 PM	
WEIGHTLIFTING	4 PM- 7PM	4 PM- 7PM	4 PM- 7PM	4 PM- 7PM	4 PM- 7PM	