TIMETABLE WINTER 2018

	6:00 AM	7:00 AM	7:30 AM	8:30 AM	9:30 AM	12:00 PM	5:30 PM	6:30 PM	7:30 PM
Monday	CrossFit	CrossFit			CrossFit	CrossFit	CrossFit	CrossFit 3-2-1 Go!	CrossFit Intro
Tuesday	CrossFit	CrossFit				CrossFit	CrossFit	CrossFit	
Wednesday	Weight Lifting	CrossFit			CrossFit		CrossFit	Weight Lifting 3-2-1 Go!	
Thursday	CrossFit	CrossFit				CrossFit	CrossFit	CrossFit	
Friday	CrossFit	CrossFit			CrossFit		CrossFit	CrossFit	
Saturday			CrossFit 3-2-1 Go!	Weight Lifting	Open Gym				
Sunday									