

# CROSSFIT SPRING SCHEDULE

MON	TUES	WED	THURS	FRI	SAT	SUN
5:15am	5:15am	5:15am	5:15am	5:15am	7:00am	
6:15am	6:15am	6:15am	6:15am	6:15am	8:00am	<i>Bootcamp</i> 8:30am
9:15am		9:15am	<i>CrossFit Light</i> 9:15am	9:15am	9:00am	<i>Bootcamp</i> 9:30am
					<i>Foundations</i> 10:00am	<i>Foundations</i> 10:30am
6:00pm	6:00pm	6:00pm	6:00pm	6:00pm		
7:00pm	7:00pm	7:00pm	7:00pm			
	<i>Foundations</i> 8:00pm		<i>Foundations</i> 8:00pm			