

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

5 AM							
6 AM	CrossFit Lean 5:15am, 701 Ryland St	CrossFit Lean 5:15am, 701 Ryland St	CrossFit Lean 5:15am, 701 Ryland St	CrossFit Lean 5:15am, 701 Ryland St	CrossFit Lean 5:15am, 701 Ryland St		
7 AM	Boxing, CrossFit 6:15am, 701 Ryland St	Boxing, CrossFit 6:15am, 701 Ryland St	Boxing, CrossFit 6:15am, 701 Ryland St	Boxing, CrossFit 6:15am, 701 Ryland St	Boxing, CrossFit 6:15am, 701 Ryland St		
8 AM							CrossFit 7:15am, 701 Ryland St
9 AM	Yoga & Recovery 9am, 701 Ryland St						Olympic Lifting 8:15am, 701 Ryland St
10 AM	CrossFit 9:30am, 701 Ryland St	CrossFit 9:30am, 701 Ryland St	CrossFit 9:30am, 701 Ryland St	CrossFit 9:30am, 701 Ryland St	CrossFit 9:30am, 701 Ryland St	CrossFit 9:30am, 701 Ryland St	Boxing, CrossFit 9:30am, 701 Ryland St
11 AM							Youth Boxing 10:30am, 701 Ryland St
12 PM	CrossFit 12pm, 701 Ryland St	CrossFit 12pm, 701 Ryland St	CrossFit 12pm, 701 Ryland St	CrossFit 12pm, 701 Ryland St	CrossFit 12pm, 701 Ryland St	CrossFit 12pm, 701 Ryland St	
1 PM							
2 PM							
3 PM							
4 PM	CrossFit 3:15pm, 701 Ryland St	CrossFit 3:15pm, 701 Ryland St	CrossFit 3:15pm, 701 Ryland St	CrossFit 3:15pm, 701 Ryland St	CrossFit 3:15pm, 701 Ryland St	CrossFit 3:15pm, 701 Ryland St	
5 PM	Boxing, CrossFit 4:15pm, 701 Ryland St	Boxing, CrossFit 4:15pm, 701 Ryland St	Boxing, CrossFit 4:15pm, 701 Ryland St	Boxing, CrossFit 4:15pm, 701 Ryland St	Boxing, CrossFit 4:15pm, 701 Ryland St	Boxing, CrossFit 4:15pm, 701 Ryland St	Youth Fitness 4:15pm, 701 Ryland St
6 PM	Boxing, CrossFit 5:15pm, 701 Ryland St	Boxing, CrossFit 5:15pm, 701 Ryland St	Boxing, CrossFit 5:15pm, 701 Ryland St	Boxing, CrossFit 5:15pm, 701 Ryland St	Boxing, CrossFit 5:15pm, 701 Ryland St	Boxing, CrossFit 5:15pm, 701 Ryland St	
7 PM	Boxing, CrossFit 6:15pm, 701 Ryland St	Boxing, CrossFit 6:15pm, 701 Ryland St	Boxing, Olympic Lifting 6:15pm, 701 Ryland St	Boxing, CrossFit 6:15pm, 701 Ryland St	Boxing, CrossFit 6:15pm, 701 Ryland St		
8 PM							