

Day	Time	Class
<b>Monday-Friday</b>	<b>5:30AM</b>	<b>CrossFit</b>
	<b>6:30AM</b>	<b>CrossFit</b>
	<b>8:30AM</b>	<b>CrossFit</b>
	<b>Noon</b>	<b>CrossFit</b>
	<b>4:30PM</b>	<b>CrossFit</b>
	<b>5:30PM</b>	<b>CrossFit</b>
<b>(Not on Fridays)</b>	<b>6:30PM</b>	<b>CrossFit</b>
<b>Saturday</b>	<b>9:30AM</b>	<b>CrossFit</b>
	<b>11:00AM-12PM</b>	<b>Recovery/Mobility (every other week)</b>
<b>Sunday</b>	<b>2:00PM-3:30PM</b>	<b>Olympic Technique (every other week)</b>