

7:00	7:00 – 8:00 CrossFit (0/20)				7:00 – 8:00 CrossFit (0/20)				7:00 – 8:00 CrossFit (0/20)						
8:00															
9:00	9:00 – 10:00 CrossFit (2/20)				9:00 – 10:00 CrossFit (0/20)				9:00 – 10:00 CrossFit (0/20)		9:00 – 10:00 CrossFit Basic (0/20)				
10:00											10:30 – 11:30 On Ramp				
11:00											11:00 – 12:00 Endurance (0/10)				
12:00											12:00 – 13:00 CrossFit (0/20)				
13:00															
	13:30 – 14:30 CrossFit (0/20)				13:30 – 14:30 CrossFit (0/20)				13:30 – 14:30 CrossFit (0/20)						
14:00			14:00 – 15:00 CrossFit (0/20)				14:00 – 15:00 Flexibility (0/8)		14:00 – 15:00 CrossFit (0/20)						
15:00															
16:00															
17:00															
18:00	18:00 – 19:00 CrossFit (8/20)		18:00 – 19:00 CrossFit (0/20)		18:00 – 19:00 CrossFit (0/20)		18:00 – 19:00 CrossFit (0/20)		18:00 – 19:00 CrossFit (0/20)		18:00 – 19:00 CrossFit (0/20)				
19:00	19:00 – 20:00 Endurance (0/10)	19:00 – 20:00 Endurance (0/10)	19:30 – 20:30 CrossFit (19/20)	19:00 – 20:00 Flexibility (0/8)	19:00 – 20:00 Weightlift (0/10)	19:30 – 20:30 CrossFit Basic	19:00 – 20:00 Pilates (0/8)	19:00 – 20:00 Endurance (0/10)	19:30 – 20:30 CrossFit (0/20)	19:00 – 20:00 Flexibility (0/8)	19:00 – 20:00 Weightlift (0/10)	19:30 – 20:30 CrossFit Basic	19:00 – 20:00 Pilates (0/8)	19:00 – 20:00 Endurance (0/10)	19:30 – 20:30 CrossFit (0/20)
20:00	20:00 – 21:00 Endurance (1/10)	20:30 – 21:30 Pilates (1/8)		20:00 – 21:00 Endurance (0/10)	20:00 – 21:00 Pilates (0/8)		20:00 – 21:00 Endurance (0/10)	20:30 – 21:30 Pilates (0/8)		20:00 – 21:00 Endurance (0/10)	20:00 – 21:00 Pilates (0/8)		20:00 – 21:00 Endurance (0/10)	20:30 – 21:30 Pilates (0/8)	
21:00	21:00 – 22:00 CrossFit (4/20)			21:00 – 22:00 On Ramp			21:00 – 22:00 CrossFit (0/20)	21:00 – 22:00 Pilates (0/8)		21:00 – 22:00 On Ramp (0/20)			21:00 – 22:00 CrossFit (0/20)	21:00 – 22:00 Pilates (0/8)	