



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DOWD Y CROSSFIT SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 am – 7:00 am WOD	6:00 am – 7:00 am WOD	6:00 am – 7:00 am WOD	6:00 am – 7:00 am WOD	6:00 am – 7:00 am WOD	8:30 am – 9:30 am WOD
7:05 am – 8:05 am Functional Bodybuilding	7:00 am – 9:00 am Open Gym	7:05 am – 8:05 am Functional Bodybuilding	7:00 am – 9:00 am Open Gym	7:05 am – 8:05 am Functional Bodybuilding	9:30 am – 11:00 am Open Gym
7:05 am – 9:00 am Open Gym	12:00 pm – 1:00 pm WOD	7:05 am – 9:00 am Open Gym	12:00 pm – 1:00 pm WOD	7:05 am – 9:00 am Open Gym	<p>*SwimWOD is on the first Wednesday of every month from 5:30 pm-6:30 pm at the pools.</p>
12:00 pm – 1:00 pm WOD	1:00 pm – 3:00 pm Open Gym	12:00 pm – 1:00 pm WOD	1:00 pm – 3:00 pm Open Gym	12:00 pm – 1:00 pm WOD	
1:00 pm – 3:00 pm Open Gym	4:30 pm – 5:30 pm Open Gym	1:00 pm – 3:00 pm Open Gym	4:30 pm – 5:30 pm Open Gym	1:00 pm – 3:00 pm Open Gym	
4:30 pm – 5:30 pm Open Gym	4:30 pm – 5:30 pm WOD	4:30 pm – 5:30 pm Open Gym	4:30 pm – 5:30 pm WOD	5:30 pm – 6:30 pm WOD	
5:30 pm – 6:30 pm WOD	5:35 pm – 6:35 pm WOD	5:30 pm – 6:30 pm WOD	5:35 pm – 6:35 pm WOD	6:30 pm – 8:00 pm Open Gym	
6:35 pm – 7:35 pm WOD	6:35 pm – 9:30 pm Open Gym	6:35 pm – 7:35 pm WOD	6:35 pm – 9:30 pm Open Gym		
7:35 pm – 9:00 pm Open Gym		7:35 pm – 9:00 pm Open Gym			