



ATHLETIC TRAINING CENTER

MON 5:10 AM CrossFit WOD
6:00 AM CrossFit WOD
9:30 AM CrossFit WOD
12:00 PM CrossFit WOD
1:15 PM SMALL GROUP TRAINING
6:00 PM CrossFit WOD

TUE 5:10 AM CrossFit WOD
6:00 AM CrossFit WOD
9:30 AM CrossFit WOD
12:00 PM CrossFit WOD
6:00 PM CrossFit WOD

WED 5:10 AM CrossFit WOD
6:00 AM CrossFit WOD
9:30 AM CrossFit WOD
12:00 PM CrossFit WOD
1:15 PM STAYSTRONG®
6:00 PM CrossFit WOD

THUR 5:10 AM CrossFit WOD
6:00 AM CrossFit WOD
9:30 AM CrossFit WOD
12:00 PM CrossFit WOD
6:00 PM CrossFit WOD

FRI 5:10 AM CrossFit WOD
6:00 AM CrossFit WOD
9:30 AM CrossFit WOD
12:00 PM CrossFit WOD

