

CrossFit Class Schedule 11.5.19

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 CrossFit MC	5:30 CrossFit Matt F.	5:30 CrossFit Jeff M.	5:30 CrossFit Matt F.	5:30 CrossFit MC	
8:45 CrossFit Rudy		8:45 CrossFit Rudy			
9:45 CrossFit Connie	9:45 CrossFit Kim	9:45 CrossFit Jody	9:45 CrossFit Connie	9:45 CrossFit Tarra	
10:45 CrossFit Connie	10:45 CrossFit Kim	10:45 CrossFit Jody	10:45 Crossfit Connie	10:45 CrossFit Tarra	
12:00 CF Masters Connie		12:00 CF Masters Connie			
3:30 CrossFit Teens Beth/Bobby	3:30 CF Teens John	3:30 CrossFit Teens Beth/Bobby	3:30 CrossFit Teens John	3:30 CrossFit Teens Beth/Bobby	
4:30 CrossFit Connie 4:30 CF Kids Beth	4:30 CrossFit John	4:30 CrossFit John 4:30 CF Kids Beth/Bobby	4:30 CrossFit Bobby/Beth	4:30 CrossFit Bobby/Beth	
5:30 CrossFit Connie	5:30 CrossFit Matt H.	5:30 CrossFit Matt H.	5:30 CrossFit John	5:30 CrossFit John	