

CrossFit Grizzly Summer 2020 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am CrossFit Coach Rudy	8:30am CrossFit Coach Tara	8:30am CrossFit Coach Rudy	CrossFit 8:30am HERO THURSDAY Coach Rudy	8:30am CrossFit Coach Tara	
					Community WOD 10:00am Coach Rudy
3:00pm CrossFit Teens Coach Mallory Coach Ashley	3:00pm CrossFit Teens Coach Mallory Coach Ashley	3:00pm CrossFit Teens Coach Mallory Coach John	3:00pm CrossFit Teens Coach Mallory Coach John	3:00pm CrossFit Teens Coach Mallory Coach John	
4:30pm CrossFit Coach Rudy	4:30pm CrossFit Coach Ashley	4:30pm CrossFit Coach John	4:30pm CrossFit Coach John	4:30pm CrossFit Coach John	