

Crossfit Grizzly Winter-Spring 2021 Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30	Open Box Miller/Sherese	Open Box Miller/Sherese	Open Box Miller/Sherese	Open Box Miller/Sherese	Open Box Miller/Sherese	10 AM Ashley
8:30	Eric		Eric		Eric	
9:30	Eric	Jen	Jody	Rachel	Tarra	
10:45	Eric	Sherese	Jen	Sherese	Tarra	
Teens 3:30	Amanda	John	Amanda	John	Amanda	
Pre-teens in the small box (4:30)	Amanda	Amanda	Amanda	Amanda	Amanda	
4:30	Sherese	MC	Rachel	MC	Rotating Coach	
5:30	Sherese	MC	John	John	John	
6:30	Daniel *Olympic Lifting		Daniel *Olympic Lifting		Daniel *Olympic Lifting	