

Crossfit Grizzly Fall/Winter 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
9:30	Sherese	Jen	Jen	Sherese	Tarra	
Kids CF 10:30	Amanda	Amanda	Amanda	Amanda	Amanda	
10:45	Sherese	Jody	Jody	Jen	Tarra	
12:00 (Seniors)		Mardene		Mardene		
Teens 3:30	Amanda	Amanda	Amanda	Amanda	Amanda	
Pre-teens in the small box (4:30)	Amanda	Amanda	Amanda	Amanda	Amanda	
4:30	Sherese	MC	Sherese	MC	No Instructor	
5:30	Amanda	MC	John	John	Amanda	