

Monday	Tuesday	Wed	Thursday	Friday	Sat	Sunday
<u>WOD</u> 5:30 AM - 6:30 AM	<u>WOD</u> 5:30 AM - 6:30 AM	<u>WOD</u> 5:30 AM - 6:30 AM	<u>WOD</u> 5:30 AM - 6:30 AM	<u>WOD</u> 5:30 AM - 6:30 AM	<u>WOD</u> 6:00 AM - 7:00 AM	<u>WOD</u> 8:00 AM - 10:00 AM
<u>WOD</u> 6:30 AM - 7:30 AM	<u>WOD</u> 6:30 AM - 7:30 AM	<u>WOD</u> 6:30 AM - 7:30 AM	<u>WOD</u> 6:30 AM - 7:30 AM	<u>WOD</u> 6:30 AM - 7:30 AM	<u>Mobility Stretching</u> 7:00 AM - 8:00 AM	
<u>WOD</u> 9:00 AM - 10:00 AM	<u>WOD</u> 9:00 AM - 10:00 AM	<u>WOD</u> 9:00 AM - 10:00 AM	<u>WOD</u> 9:00 AM - 10:00 AM	<u>OPEN GYM</u> 9:00 AM - 11:00 AM	<u>WOD</u> 8:00 AM - 9:00 AM	
<u>OPEN GYM</u> 10:00 AM - 11:00 AM	<u>OPEN GYM</u> 10:00 AM - 11:00 AM	<u>OPEN GYM</u> 10:00 AM - 11:00 AM	<u>OPEN GYM</u> 10:00 AM - 11:00 AM	<u>WOMEN STRENGTH</u> 10:00 AM - 11:00 AM	<u>SKILLS</u> 9:00 AM - 10:00 AM	
<u>WOMEN STRENGTH</u> 10:00 AM - 11:00 AM	<u>WOD</u> 11:00 AM -12:00 PM	<u>WOMEN STRENGTH</u> 10:00 AM - 11:00 AM	<u>WOD</u> 11:00 AM -12:00 PM	<u>WOD</u> 11:00 AM -12:00 PM		
<u>WOD</u> 11:00 AM -12:00 PM	<u>BARBELL STRENGTH</u> 4:30 PM - 5:30 PM	<u>WOD</u> 11:00 AM -12:00 PM	<u>BARBELL STRENGTH</u> 4:30 PM - 5:30 PM	<u>WOD</u> 4:30 PM - 5:30 PM		
<u>WOD</u> 4:30 PM - 5:30 PM	<u>BARBELL STRENGTH</u> 5:30 PM - 6:30 PM	<u>WOD</u> 4:30 PM - 5:30 PM	<u>BARBELL STRENGTH</u> 5:30 PM - 6:30 PM	<u>WOD</u> 5:30 PM - 6:30 PM		
<u>WOD</u> 5:30 PM - 6:30 PM		<u>WOD</u> 5:30 PM - 6:30 PM		<u>SKILLS</u> 6:30 PM - 7:30 PM		
		<u>SKILLS</u> 6:30 PM - 7:30 PM				

