



# CROSSFIT

## L G S R C

**MAY 2017**

	<i>SUNDAY</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	<i>SATURDAY</i>
<b>5:30 AM</b>			CROSSFIT (GP)		CROSSFIT (GP)		
<b>6:00 AM</b>		CROSSFIT (BS/GP)	↓	CROSSFIT (BS/GP)	↓	CROSSFIT (GP)	
<b>6:30 AM</b>	OPEN GYM	↓	OPEN GYM	↓	OPEN GYM	↓	
<b>7:00 AM</b>	(ALL DAY)	OPEN GYM	↓	OPEN GYM	↓	OPEN GYM	
<b>7:30 AM</b>	↓	↓		↓		↓	
<b>8:00 AM</b>							CIRCUITFIT (GP)
<b>8:30 AM</b>		CIRCUITFIT (GP)	CIRCUITFIT (GP)	CIRCUITFIT (GP)	CIRCUITFIT (GP)	CIRCUITFIT (GP)	↓
<b>9:00 AM</b>		↓	↓	↓	↓	↓	CROSSFIT (GP)
<b>9:30 AM</b>							↓
<b>10:00 AM</b>							
<b>10:30 AM</b>		CIRCUITFIT & CROSSFIT (KS)	CIRCUITFIT & CROSSFIT (KS)	CIRCUITFIT & CROSSFIT (KS)	CIRCUITFIT & CROSSFIT (KS)	CIRCUITFIT & CROSSFIT (KS)	↓
<b>11:00 AM</b>		↓	↓	↓	↓	↓	OPEN GYM
<b>11:30 AM</b>			↓		↓		↓
<b>12:00 PM</b>		CROSSFIT (KS)	CROSSFIT (KS)	CROSSFIT (BS/KS)	CROSSFIT (KS)	CROSSFIT (KS)	
<b>12:30 PM</b>		↓	↓	↓	↓	↓	
<b>1:00 PM</b>		OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	
<b>1:30 PM</b>		↓	↓	↓	↓	↓	
<b>2:00 PM</b>							
<b>2:30 PM</b>							
<b>3:00 PM</b>							
<b>3:30 PM</b>						OPEN GYM	
<b>4:00 PM</b>		OPEN GYM		OPEN GYM		↓	
<b>4:30 PM</b>		↓	OPEN GYM	↓	OPEN GYM	↓	
<b>5:00 PM</b>		CROSSFIT (GP)	↓	CROSSFIT (GP)	↓		
<b>5:30 PM</b>		↓	CROSSFIT (GP)	↓	CROSSFIT (GP)		
<b>6:00 PM</b>			↓		↓		
<b>6:30 PM</b>							
<b>7:00 PM</b>							

BS    BRIAN SCHWEITZERHOF  
 GP    GREG PENA  
 KS    KEVIN STENN