



CROSSFIT

L G S R C

NOVEMBER 2017

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

BS BRIAN SCHWEITZERHOF
 KS KEVIN STENN
 KZ KAREN SZABO
 TS TROY STINSON
 KC KELLY CLARK