

# **GYM CORE** **CrossFit**

**STRENGTH IN FOUNDATION**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM	CLASS	CLASS	CLASS	CLASS	CLASS		
8:00 AM	CLASS	CLASS	CLASS	CLASS	CLASS		
9:00 AM	CLASS	CLASS	CLASS	CLASS	CLASS	9 AM BUDDY WOD	9 AM OPEN GYM
3:30 PM (Adults and Teens)	CLASS	CLASS	CLASS	CLASS	CLASS		
4:30 PM	CLASS	CLASS	CLASS	CLASS	CLASS		
5:30 PM	CLASS	CLASS	CLASS	CLASS	CLASS		
6:30 PM	CLASS		CLASS				