

CoreCrossFit 2014 Class Schedule

Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
Main Gym	Woodshed	Studio	Main Gym	Woodshed	Studio	Main Gym	Woodshed	Studio	Main Gym	Woodshed	Studio	Main Gym	Woodshed	Studio	Main Gym	Woodshed	Studio
5:30 - 6:30 CrossFit			5:30-6:30 CrossFit			5:30 - 6:30 CrossFit			5:30-6:30 CrossFit			5:30 - 6:30 CrossFit			6:30 - 7:30 Core Speed and Endurance (class held offsite)		
6:30 - 7:30 CrossFit			6:30 - 7:30 CrossFit			6:30 - 7:30 CrossFit			6:30 - 7:30 CrossFit			6:30 - 7:30 CrossFit			7:00 - 8:00 HIIT		
7:30 - 8:30 CrossFit			7:30 - 8:30 Core Stabilization & Stretch			7:30 - 8:30 CrossFit			7:30 - 8:30 Core Stabilization & Stretch			7:30 - 8:30 CrossFit			8:00 - 9:00 CrossFit		8:00 - 10:30 Core Stabilization & Stretch (every 30 minutes)
11:00 - 1:00 Open Gym			11:00 - 1:00 Open Gym			11:00 - 1:00 Open Gym			11:00 - 1:00 Open Gym			11:00 - 1:00 Open Gym			9:00 - 10:00 CrossFit		
	12:00 - 1:00 HIIT						12:00 - 1:00 HIIT						12:00 - 1:00 HIIT		10:00 - 11:00 CrossFit	10:30 - 12:00 Olympic Lifting	10:30 - 12:30 Private Booking
															11:00 - 12:00 Mobility and CrossFit Fastrack	12:00 - 1:30 Olympic Lifting	
															12:00 - 1:30 Kids@Core		
4:30 - 5:30 CrossFit			4:30 - 5:30 CrossFit	4:00 - 5:00 Kids@Core		4:30 - 5:30 CrossFit			4:30 - 5:30 CrossFit	4:00 - 5:00 Kids@Core							
5:30 - 6:30 CrossFit	5:30 - 6:30 Masters	5:30 - 6:30 Core Stabilization & Stretch	5:30 - 6:30 CrossFit	5:00 - 6:30 Olympic Lifting		5:30 - 6:30 CrossFit	5:30 - 6:30 Masters		5:30 - 6:30 CrossFit	5:00 - 6:30 Olympic Lifting			4:30 - 6:30 Goat Slaying Clinic & Open Gym				
6:30 - 7:30 CrossFit	6:30 - 7:30 HIIT	7:00-9:00 Private Booking	6:30 - 7:30 CrossFit	6:30 - 8:00 Olympic Lifting		6:30 - 7:30 CrossFit	6:30 - 7:30 HIIT	6:30 - 7:30 Core Stabilization & Stretch	6:30 - 7:30 CrossFit	6:30 - 8:00 Olympic Lifting			6:30 - 7:30 CrossFit: Ladies Only				
7:30 - 8:30 CrossFit			7:30 - 8:30 CrossFit			7:30 - 8:30 CrossFit	7:30 - 8:30 CrossFit Fastrack	7:30 - 8:30 Mobility	7:30 - 8:30 CrossFit		7:00-9:00 Private Booking		7:30 - 8:30 CrossFit Fastrack				