

CROSSFIT WANDO CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CrossFit 5 am					
	CrossFit 6:15 am					
	Hybrid 7:30 am					
Open Gym 9-11 am	CrossFit 8:45 am	CrossFit 8:45 am	CrossFit 8:45 am	CrossFit 8:45 am	CrossFit 8:45 am	CrossFit 8:00 am
						Hybrid 9:15 am
	Hybrid 11 am					
	CrossFit 12:15 pm					
	CrossFit 4:30 pm					
	CrossFit 5:30 pm	Hybrid 5:30 pm	CrossFit 5:30 pm	Hybrid 5:30 pm	CrossFit 5:30 pm	

