

CROSSFIT WANDO CLASS SCHEDULE

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

