

CROSSFIT DEWITT

| <u>TIME</u> | <u>MONDAY</u> | <u>TUESDAY</u> | <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> | <u>SATURDAY</u> | <u>SUNDAY</u> |
|-------------|---------------|--------------------------|------------------|--------------------------|---------------|---------------------------|---------------|
| 5:30 a.m. | CrossFit | CrossFit | CrossFit | CrossFit | CrossFit | | |
| 7:30 a.m. | CrossFit | | CrossFit | | CrossFit | | |
| 8 a.m. | | | | | | Technique/Lifting Session | |
| 8:30 a.m. | CrossFit | | CrossFit | | CrossFit | CrossFit | |
| 9:30 a.m. | CrossFit | | CrossFit | | CrossFit | | |
| 11:00 a.m. | | | | | | CrossFit | |
| 11:45 a.m. | | Foundations | | Foundations | | | |
| Noon | CrossFit | CrossFit | CrossFit | CrossFit | CrossFit | | |
| 1:30 p.m. | CrossFit | | CrossFit | | CrossFit | | |
| 3:00 | | CrossFit | | CrossFit | CrossFit | | |
| 3:30 p.m. | CrossFit | | CrossFit | | | | |
| 4:00 p.m. | | CrossFit | | CrossFit | | | |
| 5:20 p.m. | | CrossFit Kids | | CrossFit Kids | | | |
| 5:30 p.m. | | | | | CrossFit | | |
| 6 p.m. | CrossFit | CrossFit | CrossFit | CrossFit | | | |
| 7 p.m. | CrossFit | CrossFit/ Foundations | | CrossFit/ Foundations | | | |