

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		
8 a.m.						Technique/Lifting Session	
8:30 a.m.						CrossFit	
11:00 a.m.						CrossFit	
11:45 a.m.		Foundations		Foundations			
Noon	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
4:00 p.m.	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
5:30 p.m.					CrossFit		
6 p.m.	CrossFit	CrossFit	CrossFit	CrossFit			
7 p.m.	CrossFit	CrossFit/ Foundations		CrossFit/ Foundations			