

GROUP TRAINING SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
6:00am	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit
7:00am						CrossFit
6:30am						TSV Barbell
9:30am	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
3:30pm						
4:30pm		TSV Barbell		TSV Barbell		
4:30pm	CrossFit	CrossFit	CrossFit	CrossFit		
5:30pm	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	

Gym Mon-Thu 5:00am - 12:00pm + 4:30pm - 6:30pm