



**SCHEDULE OF CLASSES (as of 5/29/2018)**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
6:00am	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
6:45am	Bootcamp		Bootcamp		Bootcamp		Open Gym 7:00- 9:00am
7:30am						Partner Workout	
8:30am	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	Bootcamp	
9:00am							Mobility
9:30am	ROM WOD				ROM WOD	Fundamentals	
12:00p	Bootcamp		Bootcamp		Bootcamp		
4:30pm	Kids Speed & Strength		Kids Speed & Strength		Kids Speed & Strength		
5:30pm	Bootcamp	CrossFit	Bootcamp	CrossFit	Bootcamp		
6:15pm		Barbell Club			Barbell Club		
6:30pm	CrossFit		CrossFit				

**Personal Training by appointment only**

8987 E. Tanque Verde Rd. #353 Tucson, AZ 85749

**(520)300-4109**

[www.CrossFitFixx.com](http://www.CrossFitFixx.com)