



SCHEDULE OF CLASSES (as of 1/5/2019)

	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 6:30-7:30am	Open Gym 7:00-9:00am
7:30am	CrossFit		CrossFit			Rowing	
8:30am	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	Partner CrossFit	
9:00am							Mobility
9:30am	ROM WOD				ROM WOD	Bootcamp	
12:00p	Bootcamp		Bootcamp		Bootcamp		
4:30pm	Kids Speed & Strength		Kids Speed & Strength		Kids Speed & Strength		
5:30pm	Bootcamp	CrossFit	Bootcamp	CrossFit	Bootcamp		
6:30pm	CrossFit				Barbell Club		

Personal Training by appointment only

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www.CrossFitFixx.com