

BARK RIVER

CROSSFIT

MONDAY

5:30 am CrossFit
6:30 am CrossFit
8 am CrossFit
9 am CrossFit
10 am CrossFit Sweat
12 pm CrossFit
5 pm CrossFit
6 pm Barbell

TUESDAY

5:30 am CrossFit
6:30 am CrossFit
8 am CrossFit
9 am CrossFit
10 am CrossFit Sweat
12 pm CrossFit
5 pm CrossFit

WEDNESDAY

5:30 am CrossFit
6:30 am CrossFit
8 am CrossFit
9 am CrossFit
10 am CrossFit Sweat
12 pm CrossFit
5 pm CrossFit

THURSDAY

5:30 am CrossFit
6:30 am CrossFit
8 am CrossFit
9 am CrossFit
10 am CrossFit Sweat
12 pm CrossFit
5 pm CrossFit
6 pm Barbell

FRIDAY

5:30 am CrossFit
6:30 am CrossFit
8 am CrossFit
9 am CrossFit
10 am CrossFit Sweat
12 pm CrossFit
5 pm CrossFit

SATURDAY

8 am CrossFit
9 am CrossFit
9 am Barbell

