

BARK RIVER

CROSSFIT

MONDAY

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

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
6 pm	CrossFit

WEDNESDAY

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

THURSDAY

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

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

