|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **ONLINE (ZOOM) CLASS SCHEDULCE** | | | | | | |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **7am** | **7am** | **7am** | **7am** | **7am** |  |  |
|  |  |  |  |  |  |  |
| **12pm** |  | **12pm** |  | **12pm** |  |  |
|  |  |  |  |  |  |  |
| **4pm** | **4pm** | **4pm** | **4pm** | **4pm** |  | **4pm ROMWOD** |
| **5pm** | **5pm** | **5pm** | **5pm** |  |  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **CROSSFIT CLASS SCHEDULE** | | | | | | |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
|  |  |  |  |  |  |  |
| **6am** | **6am** | **6am** | **6am** | **6am** |  |  |
| **7am** | **7am** | **7am** | **7am** | **7am** |  |  |
| **8am** | **8am** | **8am** | **8am** | **8am** | **8am** |  |
|  |  |  |  |  |  |  |
| **12pm** |  | **12pm** |  | **12pm** |  |  |
|  |  |  |  |  |  |  |
| **4:30 PM** | **4:30 PM** | **4:30 PM** | **4:30 PM** | **4pm** |  | **4pm ROMWOD** |
| **5:30 PM** | **5:30 PM** | **5:30 PM** | **5:30 PM** | **5pm** |  |  |
| **6:30 PM** | **6:30 PM** | **6:30 PM** | **6:30 PM** | **6:30 PM** |  |  |