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| **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** |   |   |   |

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| **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** |   |   |