









	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	CrossFit Jeff Dez	CrossFit Alexa	CrossFit Dez Kevin	CrossFit Dez	CrossFit Jeff Alexa	
6:30 AM	 CrossFit Jeff Dez	CrossFit Alexa	 CrossFit Dez Kevin	CrossFit Dez	 CrossFit Jeff Alexa	
7:30 AM	CrossFit Dez	CrossFit Alexa	CrossFit Kevin	CrossFit Dez	CrossFit Alexa	CrossFit 7:00 AM Kevin
8:30 AM	CrossFit Jeff Dez	CrossFit Alexa	CrossFit Dez Kevin	CrossFit Dez	CrossFit Jeff Alexa	CrossFit 8:00 AM Kevin
9:30 AM	CrossFit Jeff	CrossFit Linsey	CrossFit Dez	CrossFit Linsey	CrossFit Jeff	CrossFit 9:00 AM Kevin
10:30 AM	CrossFit Dez	CrossFit Linsey	CrossFit Jeff	CrossFit Linsey	CrossFit Jeff	YOGA 10:15 AM Chanel
11:30 AM	Tech/Oly/Power Jeff	Personal Training	Tech/Oly/Power Jeff	Personal Training	Personal Training	11:15 AM Alternating Saturdays- 90 Minutes of Oly/Power 11:30a-1p beginning 7/20
12:30 PM	CrossFit Saralyn	CrossFit Linsey	CrossFit Jeff	CrossFit Linsey	CrossFit Kevin	
1:30 PM	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training	
	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training	
4:30 PM	CrossFit Cody	CrossFit Jeff	CrossFit Dez	CrossFit Kevin	CrossFit Kevin	
5:30 PM	CrossFit Dez	CrossFit Jeff	CrossFit Dez	CrossFit Kevin	CrossFit Kevin	
6:00 PM	Cody		Alexa		Alaina	6:00 PM
6:30 PM	 CrossFit Dez Cody Brian	CrossFit Jeff	 CrossFit Dez Kevin Alexa	CrossFit Kevin	ON RAMP 6 PM - 7 PM 	7:00 PM
7:30 PM	Personal Training	Oly / Technique Jeff	YOGA Chanel	Oly / Technique Kevin	Personal Training	



**Monday, Wednesday & Friday**  
6:30 AM & 6:30 PM (Fri@6:00 PM)

-  - OnRamp Class
-  - OLYMPIC / TECHNIQUE
-  - Yoga

**YOU MUST GRADUATE ON RAMP AND BE APPROVED BY YOUR COACHE IN ORDER TO MOVE ON TO REGULAR CLASSES. IT USUALLY TAKES THE FULL 4 WEEKS. IF YOU MISS, YOU WILL NEED TO REPEAT THE WEEK OR MAKE SPECIAL ARRANGEMENTS TO MAKE IT UP- IE PRIVATE SESSION (\$50)**