




	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM	CrossFit Kevin Alexa	CrossFit Chris	CrossFit Alexa	CrossFit Chris	CrossFit Kevin	
6:30 AM	 CrossFit Alexa Kevin	CrossFit Chris	 CrossFit Alexa Jeff	CrossFit Chris	 CrossFit Kevin Alaina	
7:30 AM	CrossFit Alexa	Tech/Oly/Power Chris	CrossFit Jeff	Tech/Oly/Power Chris	CrossFit Kevin	CrossFit 7:00 AM Traci
8:30 AM	CrossFit Chris	CrossFit Chris	CrossFit Chris	CrossFit Chris	CrossFit Chris	CrossFit 8:00 AM Traci
9:30 AM	CrossFit Chris	CrossFit Chris	CrossFit Chris	CrossFit Chris	CrossFit Chris	CrossFit 9:00 AM Traci
10:30 AM	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training	YOGA 10:15 AM Jen
11:30 AM	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training	11:15 AM
12:30 PM	CrossFit Kevin	Personal Training	CrossFit Chris	Personal Training	CrossFit Brian	Alternating Saturdays- 90 Minutes of Oly/Power 11:30a-1p beginning 7/13
1:30 PM	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training	6:00 PM 7:00 PM
	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training	
4:30 PM	CrossFit Kevin	CrossFit Cody	CrossFit Cody	CrossFit Alexa	CrossFit Cody	
5:30 PM	CrossFit Kevin Saralyn	CrossFit Cody	CrossFit Cody Saralyn	CrossFit Alexa	CrossFit Cody Brian	
6:00 PM					ON RAMP 6 PM - 7 PM	
6:30 PM	 CrossFit Kevin Saralyn Jeff	CrossFit Cody	 CrossFit Cody Saralyn Brian	CrossFit Alexa		
7:00 PM						
7:30 PM	Tech/Oly/Power Jeff	Tech/Oly/Power Cody	YOGA Jen	Tech/Oly/Power Alexa	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)