

Shoreline FC CrossFit Training Schedule 2019

Dates: 9-Week Schedule

START: Week of Monday January 14th - 17th 2019

FINISH: Week of Monday March 18th -21st 2019

NO CrossFit: Week of February 11th - 14th 2019: Presidents Week

TIMES: 4:00pm - 5:00pm

ATTIRE: Training T-Shirt, Navy Shorts & Sneakers

Monday

**CROSSFIT of STAMFORD
INDOOR TRAINING**

4:00pm - 5:00pm

BU11 Juventus

BU12 Atletico

Tuesday

**CROSSFIT of STAMFORD
INDOOR TRAINING**

4:00pm - 5:00pm

GU12 Lazio

GU13 Barcelona

GU14 Monaco

Wednesday

**CROSSFIT of STAMFORD
INDOOR TRAINING**

4:00pm - 5:00pm

BU13 Real Madrid

BU14 Ajax

BU15 PSG

Thursday

**CROSSFIT of STAMFORD
INDOOR TRAINING**

4:00pm - 5:00pm

BU16 Porto

BU17 Celtic

BU18 Bayern Munich

**CrossFit of Stamford
75 Selleck Street,
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06902**