

Shoreline FC CrossFit Training Schedule 2020

Dates: 9-Week Schedule

START: Week of Monday January 20th - 23rd 2020

FINISH: Week of Monday March 23rd -26th 2020

NO CrossFit: Week of February 10th - 13th 2020: 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 Valencia

GU11 Marseille

GU13 Lazio

Tuesday

**CROSSFIT of STAMFORD
INDOOR TRAINING**

4:00pm - 5:00pm

BU12 Juventus

GU14 Barcelona

GU15 Monaco

Wednesday

**CROSSFIT of STAMFORD
INDOOR TRAINING**

4:00pm - 5:00pm

BU13 Atletico

BU14 Real Madrid

BU15 Ajax

Thursday

**CROSSFIT of STAMFORD
INDOOR TRAINING**

4:00pm - 5:00pm

BU16 PSG/Celtic

BU17 Porto

BU19 Bayern Munich

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