

# TIMETABLE

HUSTLE.  
GRIND.  
EXECUTION.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6.00 AM	CROSSFIT 6AM - 7AM	CROSSFIT 6AM - 7AM	CROSSFIT 6AM - 7AM	CROSSFIT 6AM - 7AM	CROSSFIT 6AM - 7AM	
7.00 AM	SWEAT 7AM - 7.45AM	SWEAT 7AM - 7.45AM	SWEAT 7AM - 7.45AM	SWEAT 7AM - 7.45AM	SWEAT 7AM - 7.45AM	CROSSFIT 7AM - 8AM
8.00 AM	MASTERS 8AM - 9AM			MASTERS 8AM - 9AM		SWEAT 8AM - 8.45AM
9.15 AM	CROSSFIT 9.15AM - 10.15AM	CROSSFIT 9.15AM - 10.15AM	CROSSFIT 9.15AM - 10.15AM	CROSSFIT 9.15AM - 10.15AM	CROSSFIT 9.15AM - 10.15AM	
3.45 PM	CF KIDS 3.45PM - 4.15PM <small>*TERMLY</small>					
4:15 PM						
4:30 PM	SWEAT 4.30PM - 5.25PM	SWEAT 4.30PM - 5.25PM	SWEAT 4.30PM - 5.25PM	SWEAT 4.30PM - 5.25PM	SWEAT 4.30PM - 5.25PM	
5:30 PM	CROSSFIT 5.30PM - 6.30PM	CROSSFIT 5.30PM - 6.30PM	CROSSFIT 5.30PM - 6.30PM	CROSSFIT 5.30PM - 6.30PM	CROSSFIT 5.30PM - 6.30PM	

