



# CrossFit **CSA**

FORGING ELITE FITNESS



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	<b>CrossFit</b> Coach - Christine	<b>CrossFit</b> Coach - Christine	<b>CrossFit</b> Coach - Christine	<b>CrossFit</b> Coach - Christine	<b>CrossFit</b> Coach - Christine		
8:00 AM						<b>CrossFit</b> Coach - Darrel	
9:00 AM	<b>CrossFit</b> Coach - Jessica	<b>CrossFit</b> Coach - Jessica	<b>CrossFit</b> Coach - Jessica	<b>CrossFit</b> Coach - John	<b>CrossFit</b> Coach - Mike	<b>Barbell WOD</b> Coach - JB	
9:00 AM						<b>CrossFit Fundamentals</b>	
10:00 AM						<b>CrossFit Intro</b> Coach - Darrel	
11:00 AM						<b>CrossFit Comp</b>	<b>CF Endurance</b> Coach - Jessica
1:00-4:30PM	<b>OPEN GYM</b>	<b>OPEN GYM</b>	<b>OPEN GYM</b>	<b>OPEN GYM</b>	<b>OPEN GYM</b>	<i>*Until 2:00PM</i>	<i>*Until 12:00PM</i>
4:30 PM	<b>CrossFit</b> Coach-Darrel		<b>CrossFit</b> Coach-Darrel		<b>CrossFit</b> Coach-Darrel		
5:30 PM	<b>CrossFit</b> Coach-Jessica	<b>CrossFit</b> Coach - Christine	<b>CrossFit</b> Coach - Jessica	<b>CrossFit</b> Coach - JB	<b>CrossFit</b> Coach - Jessica		
6:30 PM	<b>CrossFit</b> Coach - Jessica	<b>CrossFit</b> Coach - Christine	<b>CrossFit</b> Coach - Jessica	<b>CrossFit</b> Coach - JB	<b>SKILL WOD</b> Coach - Jessica		
6:30 PM		<b>CrossFit Fundamentals</b>		<b>CrossFit Fundamentals</b>			
7:30PM	<b>Power Hour</b> Coach - Jessica		<b>Power Hour</b> Coach - Jessica	<b>Barbell WOD</b> Coach - JB			rev 10/25/2023