



SCHEDULE OF CLASSES

	5am	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4:30pm	5:30pm	6:30pm
Monday	GROUP WOD	GROUP WOD	ROWING	OPEN	GROUP WOD	OPEN	ROWING	GROUP WOD	OPEN GYM			GROUP WOD	GROUP WOD	GROUP WOD
Tuesday	GROUP WOD	OPEN	ROWING	OPEN GYM				GROUP WOD	OPEN GYM			GROUP WOD	GROUP WOD	ROWING
Wednesday	GROUP WOD	GROUP WOD	ROWING	OPEN	GROUP WOD	OPEN	ROWING	GROUP WOD	OPEN GYM			GROUP WOD	GROUP WOD	GROUP WOD
Thursday	GROUP WOD	OPEN	ROWING	OPEN GYM				GROUP WOD	OPEN GYM			GROUP WOD	GROUP WOD	ROWING
Friday	GROUP WOD	GROUP WOD	ROWING	OPEN	GROUP WOD	OPEN	ROWING	GROUP WOD	OPEN GYM			GROUP WOD	GROUP WOD	
Saturday			ROWING	OPEN	GROUP WOD									
Sunday										GROUP WOD				

GROUP WOD

ROWING

CF ENDURANCE