



CrossFit **CSA**

FORGING ELITE FITNESS



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	CrossFit Coach - Christine	CrossFit Coach - Christine	CrossFit Coach - Christine	CrossFit Coach - Christine	CrossFit Coach - Christine		
9:00 AM	CrossFit Coach - Jessica	CrossFit Coach - Ashley	CrossFit Coach - Jessica	CrossFit Coach - Ashley	CrossFit Coach - Jessica	CrossFit (8:00AM)	
10:00 AM						CrossFit -Intro- Coach - Darrell	Barbell WOD Cal Strength
11:00 AM						CrossFit COMP TRAINING	CF Endurance Coach - Jessica
12:00 PM						OPEN GYM	OPEN GYM
1:00-4:30PM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	<i>*Until 2:00PM</i>	<i>*Until 1:00PM</i>
4:30PM	CrossFit Coach - Daryl	CrossFit Gymnastics Coach - Jessica Gray	CrossFit Coach - JB	CrossFit Gymnastics Coach - Jessica Gray	CrossFit Coach - Jessica		
5:30PM	CrossFit Coach-Jessica Gray	CrossFit Coach - Ashley	CrossFit Coach - Jessica	CrossFit Coach - Christine	CrossFit Coach - Jessica		
6:30 PM	CrossFit Coach - Jessica	CrossFit Coach - Ashley	CrossFit Coach - Jessica	CrossFit Coach - Christine	CrossFit Coach - Jessica		
7:30 PM	Power Hour Coach - Jessica		Power Hour Coach - Jessica	Barbell WOD Cal Strength	OPEN GYM		
8:30PM	OPEN GYM	OPEN GYM	OPEN GYM				rev 05/31/2022