



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		
8:00 AM						CrossFit Coach - Darrel	
9:00 AM	CrossFit Coach - Amaya	CrossFit Coach - Amaya	CrossFit Coach - Amaya	CrossFit Coach - Amaya	CrossFit Coach - Amaya	Barbell WOD Coach - JB	
10:00 AM						CrossFit Intro Coach - Darrel	
11:00 AM						CrossFit Comp	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>
4:30 PM	CrossFit Coach-Darrel		CrossFit Coach- Darrel		CrossFit Coach-Darrel		
5:30 PM	CrossFit Coach-Jessica	CrossFit Coach Christine	CrossFit Coach - Jessica	CrossFit Coach - JB	CrossFit Coach - Jessica		
6:30 PM	CrossFit Coach - Jessica	CrossFit Coach Christine	CrossFit Coach - Jessica	CrossFit Coach - JB	CrossFit Coach - Jessica		
7:30 PM	Power Hour Coach - Jessica		Power Hour Coach - Jessica	Barbell WOD Coach - JB	OPEN GYM		
8:30PM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM			rev 07/31/2022