

CrossFit Schedule-October 2010

*fee based classes

*classes are subject to change

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
5:30am Glass Rm	*Unlimited Training Holly	*Unlimited Training Holly	*Unlimited Training Holly	*Unlimited Training Holly	*Unlimited Training Holly
8:30 3rd floor	*Unlimited Training Holly	*Unlimited Training Holly	*Unlimited Training Holly		*Unlimited Training Holly
11:00am Glass Rm	*Unlimited Training Heather	*Unlimited Training Debbie	*Unlimited Training Heather	*Unlimited Training Debbie	*Unlimited Training Heather
5:30 3rd floor	*Foundation 101 Debbie	*Foundation 101 Debbie		*Foundation 101 Debbie	
5:30pm Glass Rm	*Unlimited Training Holly		*Unlimited Training Holly		
6:30pm Glass Rm	*Unlimited Training Heather	*Unlimited Training Debbie	*Unlimited Training Heather	*Unlimited Training Debbie	*Unlimited Training Heather