

CLASS TIMES | CROSSFIT•RE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5–6 a.m.							
6–7 a.m.	CrossFit (5:30–6:30 a.m.)	CrossFit	CrossFit	CrossFit	CrossFit		
7–8 a.m.	CrossFit (7–8 a.m.)	Start Strong	CrossFit	Start Strong	CrossFit		Also on Saturdays: Olympic Lifting at SODO CFE (9:30–11 a.m.)
8–9 a.m.	CrossFit (8–9 a.m.)	CrossFit	CrossFit	CrossFit	CrossFit	Start Strong	
9–10 a.m.	Open Gym (9 a.m. – noon)	Open Gym	Open Gym	Open Gym	Open Gym	CrossFit	Open Gym (10 a.m. – noon)
10–11 a.m.						CrossFit	
11 a.m.–noon						Open Gym (11 a.m. – 1 p.m.)	
noon–1 p.m.	CrossFit (noon–1 p.m.)	CrossFit	CrossFit	CrossFit	CrossFit		
1–2 p.m.						Start Strong	
2–3 p.m.							
3–4 p.m.							
4–5 p.m.	CrossFit (4–5 p.m.)	CrossFit	CrossFit	CrossFit	CrossFit		
5–6 p.m.	CrossFit (5–6 p.m.)	CrossFit	CrossFit	CrossFit	CrossFit		
6–7 p.m.	CrossFit (6–7 p.m.)	CrossFit	CrossFit	CrossFit	CrossFit		
7–8 p.m.	CrossFit (7–8 p.m.)	Start Strong	CrossFit	Start Strong	CrossFit		
8–9 p.m.			Olympic Lifting (8–9 p.m.)				

For more info, email darrick@ruggedelite.com or visit crossfitre.com