

CLASS TIMES

SODO CROSSFIT ENDURANCE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5-6 a.m.							
6-7 a.m.	CrossFit (6-7 a.m.)	CrossFit	CrossFit	CrossFit	CrossFit		
7-8 a.m.	CrossFit (7-8 a.m.)	WBBC	CrossFit	MetCon	CrossFit		
8-9 a.m.							
9-10 a.m.						MetCon (8:45-9:30 a.m.)	
10-11 a.m.	Open Gym (10 a.m. - noon)	Open Gym	Open Gym	Open Gym	Open Gym	Olympic Lifting (9:30-11 a.m.)	Open Gym (10 a.m. - noon)
11 a.m.-noon						WBBC (11 a.m. - noon)	
noon-1 p.m.	CrossFit (12:15-1:15)	CrossFit	CrossFit	CrossFit	CrossFit	MetCon (12-12:45 p.m.)	
1-2 p.m.							
2-3 p.m.							
3-4 p.m.							
4-5 p.m.	CrossFit (4:30-5:30 p.m.)	CrossFit	CrossFit	CrossFit	CrossFit		
5-6 p.m.	CrossFit (5:30-6:30 p.m.)	CrossFit	CrossFit	CrossFit	CrossFit		
6-7 p.m.	MetCon (6:30-7:30 p.m.)	MetCon	MetCon	WBBC			
7-8 p.m.							
8-9 p.m.			Olympic Lifting at CFRE (8-9 p.m.)				

For more info, email angie@sodocfe.com or visit sodocrossfit.com