

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/ Fundamentals	CrossFit	Start Strong/ Fundamentals	CrossFit	CrossFit (6:30–7:30 a.m.)	
8–9 a.m.	CrossFit (8–9 a.m.)	CrossFit	CrossFit	CrossFit	CrossFit	Start Strong/ Fundamentals	
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							
noon–1 p.m.	CrossFit (noon–1 p.m.)	CrossFit	CrossFit	CrossFit	CrossFit	Open Gym (11 a.m. – 1 p.m.)	
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/ Fundamentals	CrossFit	Start Strong/ Fundamentals	CrossFit		
8–9 p.m.			Olympic Lifting (8–9 p.m.)				

Also on
Saturdays:
Olympic Lifting at
SODO CFE
(9:30–11 a.m.)