

Fundamentals Class Times

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28 F-5 @ CC 7 a.m. + 7 p.m. F-5 @ SODO 7 a.m. Gymnastics	29	30 F-6 @ CC 7 a.m. + 7 p.m. F-6 @ SODO 6:30 p.m. Deadlift Box Jumps Double Unders	1 Dec	2 F-1 @ CC 8 a.m. F-1 @ SODO 11 a.m. Back & Front Squat Overhead Squat Wall Ball
3	4	5 F-2 @ CC 7 a.m. + 7 p.m. F-2 @ SODO 7 a.m. Clean + Jerk	6	7 F-3 @ CC 7 a.m. + 7 p.m. F-3 @ SODO 6:30 p.m. Kettlebells	8	9 F-4 @ CC 8 a.m. F-4 @ SODO 11 a.m. Snatch Holiday Party!
10	11	12 F-5 @ CC 7 a.m. + 7 p.m. F-5 @ SODO 7 a.m. Gymnastics	13	14 F-6 @ CC 7 a.m. + 7 p.m. F-6 @ SODO 6:30 p.m. Deadlift Box Jumps Double Unders	15	16 F-1 @ CC 8 a.m. F-1 @ SODO 11 a.m. Back & Front Squat Overhead Squat Wall Ball
17	18	19 F-2 @ CC 7 a.m. + 7 p.m. F-2 @ SODO 7 a.m. Clean + Jerk	20	21 F-3 @ CC 7 a.m. + 7 p.m. F-3 @ SODO 6:30 p.m. Kettlebells	22	23 12 Days of X-mas WOD CC 6:30, 8, + 9 a.m. SODO 8 + 9 a.m.
24 CLOSED	25 Merry Christmas! CLOSED	26 F-4 @ CC 7 a.m. + 7 p.m. F-4 @ SODO 7 a.m. Snatch	27	28 F-5 @ CC 7 a.m. + 7 p.m. F-5 @ SODO 6:30 p.m. Gymnastics	29	30 F-6 @ CC 8 a.m. F-6 @ SODO 11 a.m. Deadlift Box Jumps Double Unders
31	1 Jan	2 F-1 @ CC 7 a.m. + 7 p.m. F-1 @ SODO 7 a.m. Back & Front Squat Overhead Squat Wall Ball	3	4 F-2 @ CC 7 a.m. + 7 p.m. F-2 @ SODO 6:30 p.m. Clean + Jerk	5	6 Start Strong @ CC and Everyday Better Boot Camp @ SODO both begin!!!