

# CROSSFIT YKW SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	5:30 OPEN GYM	5:30 OPEN GYM	5:30 OPEN GYM	5:30 OPEN GYM	5:30 OPEN GYM		
6:00 AM	● 6:00 CLASS	● 6:00 CLASS	● 6:00 CLASS	● 6:00 CLASS	● 6:00 CLASS		
6:30 AM							
7:00 AM	● 7:00 CLASS	● 7:00 CLASS	● 7:00 CLASS	● 7:00 CLASS	● 7:00 CLASS		
7:30 AM							
8:00 AM	● 8:00 CLASS	● 8:00 CLASS	● 8:00 CLASS	● 8:00 CLASS	● 8:00 CLASS		
8:30 AM							
9:00 AM	9:00 OPEN GYM	9:00 OPEN GYM	9:00 OPEN GYM	9:00 OPEN GYM	9:00 OPEN GYM	● 9:00 CLASS	● 9:00 CLASS
9:30 AM							
10:00 AM						● 10:00 CLASS	● 10:00 CLASS
10:30 AM							
						● 11:00 CLASS	● 11:00 CLASS
11:30 AM	● 11:30 CLASS	● 11:30 CLASS	● 11:30 CLASS	● 11:30 CLASS	● 11:30 CLASS		
12:00 PM						● 12:00 CLASS	● 12:00 CLASS
12:30 PM	● 12:30 CLASS	● 12:30 CLASS	● 12:30 CLASS	● 12:30 CLASS	● 12:30 CLASS	● 12:00 - 1:30 GYMNASTICS CLASS	
1:00 PM						● 1:00 CROSSFIT FOUNDATIONS	● 1:00 CROSSFIT FOUNDATIONS
1:30 PM	1:30 OPEN GYM	1:30 OPEN GYM	1:30 OPEN GYM	1:30 OPEN GYM	1:30 OPEN GYM		
2:00 PM						● 2:00 STRONGMAN/ POWERLIFTING (ALTERNATING WEEKS)	● 2:15 COMP CLASS (EVERY SECOND SUN)
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM	● 4:30 CLASS	● 4:30 CLASS	● 4:30 CLASS	● 4:30 CLASS	● 4:30 CLASS		
5:00 PM							
5:30 PM	● 5:30 CLASS	● 5:30 CLASS	● 5:30 CLASS	● 5:30 CLASS	● 5:30 CLASS		
6:00 PM							
6:30 PM	● 6:30 CLASS	● 6:30 CLASS	● 6:30 CLASS	● 6:30 CLASS	● 6:30 CLASS		
7:00 PM							
7:30 PM	● 7:30 CLASS	● 7:30 CLASS	● 7:30 CLASS	● 7:30 CROSSFIT FOUNDATIONS	● 7:30 FRIDAY NIGHT LIGHTS (EVERY SECOND FRI)		
8:00 PM			● 7:30 MOBILITY CLASS				
8:30 PM							