

CROSSFIT YK V 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 | ● OLYMPIC WEIGHTLIFTING | |
| 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 MOBILITY CLASS | ● 9:00 CLASS |
| 9:30 AM | | | | | | ● 9:00 CLASS | |
| 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 | | | | | | | |