

BARK RIVER

CROSSFIT

MONDAY

5:30am	CrossFit
6:30am	CrossFit
8am	CrossFit
9am	CrossFit
12pm	CrossFit
4:30pm	CrossFit
5:30pm	CrossFit

TUESDAY

5:30am	CrossFit
6:30am	CrossFit
8am	CrossFit
9am	CrossFit
12pm	CrossFit
4:30pm	CrossFit
5:30pm	CrossFit

WEDNESDAY

5:30am	CrossFit
6:30am	CrossFit
8am	CrossFit
9am	CrossFit
4:30pm	CrossFit
5:30pm	CrossFit

THURSDAY

5:30am	CrossFit
6:30am	CrossFit
8am	CrossFit
9am	CrossFit
12pm	CrossFit
4:30pm	CrossFit
5:30pm	CrossFit

FRIDAY

5:30am	CrossFit
6:30am	CrossFit
8am	CrossFit
9am	CrossFit
12pm	CrossFit
4:30pm	CrossFit

SATURDAY

8am	Hyrox
9am	Hyrox

