

DAILY SCHEDULE

For the week of

Show schedule for:

CFRR

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00AM	Kali (CF)	Kali (HardCore Cardio)	Kali (CF)	Kali (HardCore Cardio)	Kali (CF)		
6:15 AM	Kali (CF)		Kali (CF)		Nathan (CF)		
7:00 AM							
8:30 AM	Landon (CF)	Nathan (CF)	Landon (CF)	Nathan (CF)	Landon (CF)	Anna (F.I.T)	
9:30 AM							
10:00 AM						Partner WOD	
11:00 AM							
12:00 PM	Landon (CF)	Open Gym	Landon (CF)	Open Gym	Sam (CF)/F.I.T.		
1:00 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
2:00 PM	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
4:00 PM		Open Gym/Gymnastics		Open Gym/Gymnastics	Open Gym		
4:30 PM	Landon (CF)	Oly/F.I.T./Open Gym	Landon (CF)	Oly/F.I.T./Open Gym	Nathan (CF)		
5:30 PM		Open Gym		Open Gym			
6:00 PM	Landon (CF)	Nathan (CF)	Sam (CF)	Sam (CF)			
7:00 PM	Sam (CF)	Sam (CF)		Sam (CF)			
8:00 PM							
9:00 PM							