



CrossFit CSA

FORGING ELITE FITNESS



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	CrossFit Coach - Chad	CrossFit Coach - Chad	CrossFit Coach - Chad	CrossFit Coach - Jessica Gray	CrossFit Coach - Chad	CrossFit *8:00am Coach-Chad	
9:00 AM	CrossFit Coach - Ian	CrossFit Coach - Jessica Gray	CrossFit Coach - Ian	CrossFit Coach - Jessica Gray	CrossFit Coach - Jessica	CrossFit Coach - Chad	
10:00 AM		CrossFit Gymnastics Coach - Jessica Gray		CrossFit Gymnastics Coach - Jessica Gray		CrossFit (Free Intro Class)	Barbell WOD Cal Strength
11:00 AM	CrossFit Coach - Ian	CrossFit Coach - Jessica Gray	CrossFit Coach - Ian	CrossFit Coach - Jessica	CrossFit Coach - Jessica	CrossFit COMP TRAINING	CF Endurance Coach - Jessica
12:00 PM	CrossFit Coach - Ian	CrossFit Coach - Jessica Gray	CrossFit Coach - Jessica	CrossFit Coach - Jessica	CrossFit Coach - Jessica	OPEN GYM	
1:00-4:30PM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM		
4:30PM	CrossFit Coach - Ian	Mobility WOD Coach - Jessica	CrossFit Coach - Ian	CrossFit Gymnastics Coach - Jessica Gray	CrossFit Coach - Jackie		
5:30PM	CrossFit Coach - Jackie	CrossFit Coach - Jessica	CrossFit Coach - Jackie	CrossFit Coach - Jessica	CrossFit Coach - Jessica		
6:30 PM	CrossFit Coach - Chad	CrossFit Coach - Jessica	CrossFit Coach - Chad	CrossFit Coach - Chad	Power Hour Coach - Jessica		
7:30 PM	Power Hour Coach - Jessica	Barbell WOD Cal Strength	Power Hour Coach - Jessica	Barbell WOD Cal Strength	OPEN GYM		
7:30 PM	CF Foundations Coach - Chad		CF Foundations Coach - Chad				
8:30PM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM			rev 09/01/2018