

CrossFit SoMO Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am-7:00am	CrossFit Class	CrossFit Class	CrossFit Class	CrossFit Class			
7:00am-8:00am							
8:00am-9:00am							
8:30am-9:30am	Yoga		Yoga				
9:00am-10:00am	CrossFit Class	CrossFit Class	CrossFit Class	CrossFit Class	Yoga	CrossFit Kids 8:30-9:00	
10:00am-11:00am	CrossFit Class	CrossFit Class	CrossFit Class	CrossFit Class	Open Gym 10AM-2PM	Group WOD 9 Open Gym 9-11	
11:00am-12:00pm							REST
12:00pm-1:00pm	CrossFit Class	CrossFit Class	CrossFit Class	CrossFit Class			DAY
Closed for Lunch 1:30-3:30							
4:15pm-5:15pm	CrossFit Class	CrossFit Class	CrossFit Class	CrossFit Class	Open Gym 3PM-6PM		
4:30pm - 5:00pm		CrossFit Kids		CrossFit Kids			
5:15pm-6:15pm	Yoga		Yoga				
5:15pm-6:15pm	CrossFit Class	CrossFit Class	CrossFit Class	CrossFit Class	Close at 6pm		
6:15pm-7:00pm	Introduction to CrossFit	Introduction to CrossFit		Introduction to CrossFit			