

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM							
6:15 AM							
6:30 AM							
6:45 AM	CrossFit All Levels	CrossFit All Levels	CrossFit All Levels	CrossFit All Levels	CrossFit All Levels		
7:00 AM							
7:15 AM							
7:30 AM							
7:45 AM	Intros	Intros	Intros	Intros	Intros		
8:00 AM							
8:15 AM						Elements	
8:30 AM	CrossFit Level I	CrossFit Level I	CrossFit Level I	CrossFit Level I	CrossFit Level I		
8:45 AM							
9:00 AM							
9:15 AM							
9:30 AM							
9:45 AM	CrossFit All Levels	CrossFit All Levels	CrossFit All Levels	CrossFit All Levels	CrossFit All Levels	CrossFit All Levels	
10:00 AM							
10:15 AM							
10:30 AM							
10:45 AM							
11:00 AM	Intros	Intros	Intros	Intros	Intros	CrossFit All Levels	
11:15 AM							
11:30 AM							
11:45 AM							
12:00 PM							
12:15 PM							
12:30 PM	CrossFit All Levels	CrossFit All Levels	CrossFit All Levels	CrossFit All Levels	CrossFit All Levels		
12:45 PM							
1:00 PM							
1:15 PM							
1:30 PM							
1:45 PM						Intros	
2:00 PM							
2:15 PM	Intros	Intros	Intros	Intros	Intros		
2:30 PM							
2:45 PM							
3:00 PM							
3:15 PM						CrossFit All Levels	
3:30 PM							
3:45 PM							
4:00 PM	CrossFit All Levels	CrossFit All Levels	CrossFit All Levels	CrossFit All Levels	CrossFit All Levels		
4:15 PM							
4:30 PM							
4:45 PM							
4:45 PM	CrossFit All Levels	Intros	CrossFit All Levels	Intros	CrossFit All Levels	Intros	
5:00 PM							
5:15 PM							
5:30 PM							
5:45 PM							
5:45 PM	CrossFit All Levels	CrossFit Level I	CrossFit All Levels	CrossFit Level I	CrossFit All Levels	CrossFit Level I	
6:00 PM							
6:15 PM							
6:30 PM							
6:45 PM							
6:45 PM	CrossFit All Levels	Cardio Kickboxing	CrossFit All Levels	Elements	CrossFit All Levels	Triple Play	CrossFit All Levels
7:00 PM							
7:15 PM							
7:30 PM							
7:45 PM							
8:00 PM	Intros	Intros	Intros	Intros			
8:15 PM							
8:30 PM							

**CrossFit Level 1** – For students at an entry skill level and entry fitness level. Time on the Baseline Workout time is slower than 8 minutes. Many movements that are done in a gym and/or in CrossFit are unfamiliar. Class focus is on basic conditioning and movement skill and technique.

**Intro 1** – Your first encounter with CrossFit. Intro 1 is a one on one training session with a CrossFit Coach that concludes with your very first WOD (Workout of the Day) The Baseline Workout. Our goal is to give you "A taste of the Kool-Aid," not drown you in it.

**CrossFit Level 2** – Not a beginner, but still working on building a base level of strength and conditioning and technical expertise. Baseline Workout time is between 5:30 – 8:00. Familiar with the names of movements, but still unsure of the amount of weight to use, and exactly how to do many of the more complex CrossFit movements.

**Intro 2** – Your second encounter with CrossFit. Now that you've had a taste, we pick up the pace with a slightly tougher workout than Intro 1.

**CrossFit Level 3** – Confidence, strength and conditioning are stronger than ever. Have mastered all of the basic and intermediate CrossFit movements and are working on the more advanced weightlifting and gymnastic movements. Can take a friend through a CrossFit workout with confidence. Pull ups are done without assistance and Baseline time is between 4:30 – 6:00.

**Cardio Kickboxing**– You will have a blast in this kick butt cardio workout! Learn basic punches, kicks and combinations. No experience necessary.

**Elements A** – A class for the CrossFit beginner and ever evolving pro alike. Elements A covers: What is CrossFit? CrossFit's origins, Use of "Functional Movements," Movements: Air Squat, FS, OHS, DL, Press, PP, and Stretching 101/Rest Recovery.

**Triple Play**– The best of both worlds: cardio and sculpting. Equally train your cardiovascular system while sculpting your lower and upper body with hand weights. A fantastic interval class.

**Elements B** – The perfect follow-up to Elements A. This class includes: What is Fitness? Nutrition: Paleo, Zone, Zoleo, 0 General Physical Skills, Push-Jerk, SDHP, MB Clean, and Graduation WOD.

**Jump-N-Jab**– A real calorie scorcher! Intervals of jump rope and basic cardio kickboxing. You DO NOT have to be an expert roper to take this class. In fact, no rope required!