

## CONSTITUTION CROSSFIT CLASS SCHEDULE

Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
5:30 AM		AE		AE			CLOSED
5:45 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
6:30 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
7:30 AM	CF101	CF101	CF101	CF101		AE	
8:30 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
9:00 AM						CrossFit	
12:00 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
1:00 PM	CF101	CF101	CF101	CF101			
2:00 - 4:00 PM		Open Gym			Open Gym		
5:30 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
6:15 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
7:00 PM	CF101	CF101	CF101	CF101			