

ENGINE38 DOWNTOWN - SHOOTING CLUB

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	WOD	WOD	WOD	WOD	WOD
7:00 AM	FOUNDATION	FOUNDATION	FOUNDATION	FOUNDATION	FOUNDATION
	CONDITIONING	CONDITIONING	CONDITIONING	CONDITIONING	CONDITIONING
6:00 PM	WOD	WOD	WOD	WOD	WOD
	CONDITIONING	CONDITIONING	CONDITIONING	CONDITIONING	CONDITIONING
7:00 PM	WOD	WOD	WOD	WOD	WOD
	CONDITIONING	CONDITIONING	CONDITIONING	CONDITIONING	CONDITIONING
	FOUNDATION		FOUNDATION	FOUNDATION	
8:00 PM	WOD	WOD	WOD	WOD	WOD
	CONDITIONING	CONDITIONING	CONDITIONING	CONDITIONING	CONDITIONING
9:00 PM	WOD	OFF	OFF	WOD	OFF
	CONDITIONING			CONDITIONING	