

- BEGINNER
- INTERMEDIATE & ADVANCED
- ALL LEVELS

# ENGINE38 SODIC WEST

	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
7:00 AM		WOD FOUNDATION	WOD FOUNDATION	WOD FOUNDATION	WOD FOUNDATION	WOD
8:00 AM		WOD CONDITIONING	WOD CONDITIONING	WOD CONDITIONING	WOD CONDITIONING	WOD CONDITIONING
11:00 AM	WEIGHTLIFTING					
12:00 PM - 2:00 PM	THE GYMNAST OPEN GYM					
5:00 PM		OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM
6:00 PM		WOD	WOD	WOD	WOD	WOD
7:00 PM		CONDITIONING FOUNDATION	CONDITIONING FOUNDATION	CONDITIONING FOUNDATION	CONDITIONING FOUNDATION	CONDITIONING
8:00 PM		WOD	WOD	WOD	WOD	WOD
9:00 PM		FLEXIBILITY		FLEXIBILITY		