

# SODIC WEST

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

7:00 AM		CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT
		FOUNDATION	FOUNDATION	FOUNDATION	FOUNDATION	
8:00 AM		CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT
		CONDITIONING	CONDITIONING	CONDITIONING	CONDITIONING	CONDITIONING
11:00 AM	CROSSFIT					
12:00 - 2:00 PM	OPEN GYM					
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5:00 PM		OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM
6:00 PM		CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT
7:00 PM		CONDITIONING	CONDITIONING	CONDITIONING	CONDITIONING	CONDITIONING
		FOUNDATION	FOUNDATION	FOUNDATION	FOUNDATION	CROSSFIT
		FLEXIBILITY	THE GYMNAST	FLEXIBILITY	THE GYMNAST	
8:00 PM		CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	