

SODIC WEST

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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		
10:00 AM	TRANSFORMHER	TRANSFORMHER		TRANSFORMHER		FRIDAY BLAST	
11:00 AM							CROSSFIT
12:00 - 2:00 PM							OPEN GYM
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		
		THE GYMNAST		THE GYMNAST			
8:00 PM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT			