



# UPPER PARK

## CROSSFIT

	MON	TUE	WED	THU	FRI	SAT	SUN
4:45AM	CROSSFIT	CROSSFIT	WEIGHT LIFTING	GYMNASTICS	CROSSFIT		
6AM	CROSSFIT	CROSSFIT	WEIGHT LIFTING	GYMNASTICS	CROSSFIT		
7:15AM							
9AM	CROSSFIT	CROSSFIT	WEIGHT LIFTING	GYMNASTICS	CROSSFIT	CROSSFIT	OPEN GYM
10:15AM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM
11AM	SENIOR BARBELL CLUB		SENIOR BARBELL CLUB		SENIOR BARBELL CLUB		OPEN GYM
12:15PM							
4:15PM	CROSSFIT	CROSSFIT	WEIGHT LIFTING	GYMNASTICS	WEIGHT LIFTING		
5:30PM	CROSSFIT	CROSSFIT	WEIGHT LIFTING	GYMNASTICS	CROSSFIT		
6:45PM	CROSSFIT	CROSSFIT	WEIGHT LIFTING	GYMNASTICS			
8PM							

Schedule as of 1/11/2018.

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