



UPPER PARK

CROSSFIT

	MON	TUE	WED	THU	FRI	SAT	SUN
4:45AM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
6AM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
7:15AM							
9AM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	GYMNASTICS +
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		
12:15PM							
4PM			WEIGHT LIFTING		WEIGHT LIFTING		
4:15PM	CROSSFIT	CROSSFIT		CROSSFIT			
5:30PM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT		
6:45PM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT			
8PM							

Schedule as of 5/31/2016.

1 Commerce Ct
Chico, CA 95928
530-592-1202

upperpark-crossfit.com
facebook.com/UpperParkCrossFit
info@upperpark-crossfit.com