



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
12PM	CROSSFIT		WEIGHT LIFTING		CROSSFIT		
1:15PM							
4:30PM	CROSSFIT	CROSSFIT	WEIGHT LIFTING	GYMNASTICS	WEIGHT LIFTING		
5:45PM	CROSSFIT	CROSSFIT	WEIGHT LIFTING	GYMNASTICS	CROSSFIT		
7PM							

Schedule effective May 7th, 2018.

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