

## January - April 2021 Schedule

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>		<b>Programs</b>	<b>Programmer</b>	<b>Coach</b>
<b>5-6</b>		CrossFit	CrossFit	CrossFit	CrossFit	CrossFit			CF	Group	Group
<b>6-7</b>		CrossFit	CrossFit	CrossFit	CrossFit	CrossFit			Longevity	Brad	Brad
<b>7-8</b>					<b>Yoga</b>		<b>YOGA</b>		Powerlifting	Sam	Sam
<b>8-9</b>		CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	Powerlifting		Fit Mamas	Sam	Annie/Sam
<b>9-10</b>	Community WOD	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		Legends	Brad	Brad
<b>10-11</b>	<b>YOGA</b>	Longevity	Longevity	Longevity	Longevity	Longevity	CrossFit		HIIT	Sam	Sam
<b>11-12</b>		FitMamas	Legends	FitMamas	Legends	Open Gym	Kids rec		Kick Start	Who wants this?	Dono/Sam
<b>12-1</b>	Rentable Space for Bday Parties (Workouts, Nerf Wars etc.), Reunions, etc. (Off-season Training for team (self run or CFL Coach run))	CrossFit	30MIN HIIT	CrossFit	30MIN HIIT	CrossFit			Teens	Dono	Dono
<b>1-2</b>			PE		PE				Tweens	Sam	Sam
<b>2-3</b>											
<b>3-4</b>									GolfFit	Jeremi	Jeremi
<b>4-5</b>			TEENS	TWEENS	TEENS	TWEENS	Lil Ninjas		Yoga	Heidi	Heidi
<b>5 - 5:30</b>			30MIN HIIT	OPEN GYM	30MIN HIIT	OPEN GYM	30MIN HIIT		Comm WOD	Brad	Group
<b>5:30 - 6:30</b>			CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		kids rec		Group
<b>6:30 - 7:30</b>			KickStart	Comp Teens	GolfFit	KickStart	Specialty Programs		lil Ninjas	Jody	Jody
<b>7:30 +</b>				<b>YOGA</b>		<b>YOGA</b>					
									PE	Jeremi	Jer/Dono