

SPRING 2018

AM	MON	TUE	WED	THU	FRI	Sat	SUN
5:30	CrossFit Nath	CrossFit Nath	CrossFit Nath	CrossFit Nath	CrossFit Nath		
6:30	CrossFit Nath	CrossFit Kel	CrossFit Nath	CrossFit Kel	CrossFit Nath	CrossFit Rotating	
7:45						CrossFit Rotating	
8:00						CrossFit Rotating	
8:30	CrossFit Nath	CrossFit Nath	CrossFit Leah	CrossFit Nath	CrossFit Leah		
PM							
4:30	CrossFit Zac	CrossFit Cazz	CrossFit Zac		CrossFit Cazz		
5:30	CrossFit Leah	CrossFit Leah	CrossFit Leah	CrossFit Leah	CrossFit Leah		
6:30	CrossFit Cazz	CrossFit Cazz	CrossFit Cazz	CrossFit Cazz			

CROSSFIT

WFL