

# April CrossFit Workout Schedule

<u>Sunday.</u>	<u>Monday.</u>	<u>Tuesday.</u>	<u>Wednesday.</u>	<u>Thursday.</u>	<u>Friday.</u>	<u>Saturday.</u>
	5-6am 8:30-9:30am 12-1pm 4:15-5:15pm* 5:30-6:30pm	5-6am 8:30-9:30am 12-1pm 4:15-5:15pm* 5:30-6:30pm	5-6am 8:30-9:30am 12-1pm 4:15-5:15pm* 5:30-6:30pm	5-6am 8:30-9:30am 12-1pm 4:15-5:15pm* 5:30-6:30pm	5-6am 8:30-9:30am 12-1pm 5:30-6:30pm	9-10am

\*CrossFit KIDS Program

24 hour access is available for CrossFit Unlimited members outside of the above scheduled workout times.



# CROSSFIT 641

<u>Domingo</u>	<u>Lunes</u>	<u>Martes</u>	<u>Miércoles</u>	<u>Jueves</u>	<u>Viernes</u>	<u>Sábado</u>
	5-6am 8:30-9:30am 12-1pm 4:15-5:15pm* 5:30-6:30pm	5-6am 8:30-9:30am 12-1pm 4:15-5:15pm* 5:30-6:30pm	5-6am 8:30-9:30am 12-1pm 4:15-5:15pm* 5:30-6:30pm	5-6am 8:30-9:30am 12-1pm 5:30-6:30pm	5-6am 8:30-9:30am 12-1pm 5:30-6:30pm	9-10am

\*Programa CrossFit NIÑOS

Los miembros de CrossFit Unlimited tienen acceso las 24 horas fuera de los horarios de entrenamiento programados anteriormente.

## Horario de entrenamiento de CrossFit para abril