

June 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 10:15-11:15am* 12-1pm 4:15-5:15pm* 5:30-6:30pm	5-6am 8:30-9:30am 10:15-11:15am* 12-1pm 4:15-5:15pm* 5:30-6:30pm	5-6am 8:30-9:30am 10:15-11:15am* 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

*CrossFit KIDS Program

CrossFit KIDS will meet at 4:15-5:15pm through June 3. Beginning June 8, CrossFit KIDS will meet at 10:15-11:15am. 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 10:15-11:15am* 12-1pm 4:15-5:15pm* 5:30-6:30pm	5-6am 8:30-9:30am 10:15-11:15am* 12-1pm 4:15-5:15pm* 5:30-6:30pm	5-6am 8:30-9:30am 10:15-11:15am* 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

Las sesiones de CrossFit NIÑOS se realizarán de 4:15-5:15pm hasta el 3 de junio. A partir del 8 de junio, las sesiones de CrossFit NIÑOS se realizarán de 10:15-11:15am.

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

Horario de entrenamiento de CrossFit para junio