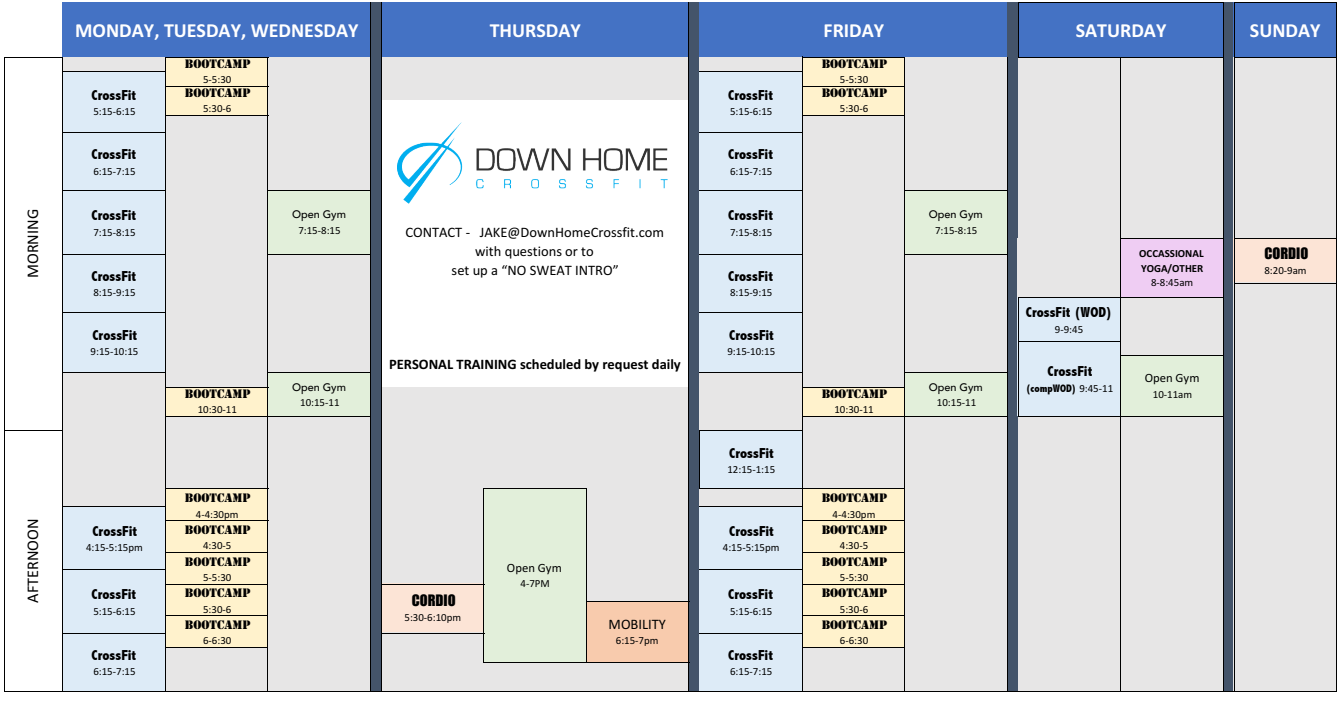
MONDAY, TUESDAY, WEDNESDAY
THURSDAY
FRIDAY
SATURDAY
SUNDAY
MORNING
AFTERNOON
CrossFit 5:15-6:15
CrossFit 6:15-7:15
CrossFit 7:15-8:15
CrossFit 8:15-9:15
CrossFit 9:15-10:15
CrossFit 4:15-5:15pm
CrossFit 5:15-6:15
CrossFit 6:15-7:15
CrossFit 12:15-1:15
BOOTCAMP 5-5:30
BOOTCAMP 5:30-6
BOOTCAMP 10:30-11
BOOTCAMP 4-4:30pm
BOOTCAMP 4:30-5
BOOTCAMP 5-5:30
BOOTCAMP 5:30-6
BOOTCAMP 6-6:30
Open Gym 7:15-8:15
Open Gym 10:15-11
DOWN HOME CROSSFIT
CONTACT - JAKE@DownHomeCrossfit.com with questions or to set up a "NO SWEAT INTRO"
PERSONAL TRAINING scheduled by request daily
CORDIO 5:30-6:10pm
Open Gym 4-7PM
MOBILITY 6:15-7pm
OCCASSIONAL YOGA/OTHER 8-8:45am
CrossFit (WOD) 9-9:45
CrossFit (compWOD) 9:45-11
Open Gym 10-11am
CORDIO 8:20-9am