


		MONDAY, TUESDAY, WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
MORNING			<b>BOOTCAMP</b> 5-5:30		<b>CORDIO</b> 5:30-6:10am		<b>BOOTCAMP</b> 5-5:30				
	<b>CrossFit</b> 5:15-6:15		<b>BOOTCAMP</b> 5:30-6	 <p><b>DOWN HOME</b> CROSSFIT</p> <p>CONTACT - <a href="mailto:JAKE@DownHomeCrossfit.com">JAKE@DownHomeCrossfit.com</a> with questions or to set up a "NO SWEAT INTRO"</p>		<b>CrossFit</b> 5:15-6:15	<b>BOOTCAMP</b> 5:30-6				
	<b>CrossFit</b> 6:15-7:15		<b>BOOTCAMP</b> 6-6:30			<b>CrossFit</b> 6:15-7:15	<b>BOOTCAMP</b> 6-6:30				
					Open Gym 7:15-8:15				Open Gym 7:15-8:15		
	<b>CrossFit</b> 8:30-9:30						<b>CrossFit</b> 8:30-9:30			OCCASSIONAL YOGA/OTHER 8-8:45am	<b>CORDIO</b> 8:20-9am
					PERSONAL TRAINING scheduled by request daily				<b>CrossFit (WOD)</b> 9-9:45		
AFTERNOON									<b>CrossFit (compWOD)</b> 9:45-11		
			<b>BOOTCAMP</b> 9:30-10				<b>BOOTCAMP</b> 9:30-10	Open Gym 9:30-11		Open Gym 10-11am	
						<b>CrossFit</b> 11:30-12:30					
	<b>CrossFit</b> 4:15-5:15pm		<b>BOOTCAMP</b> 4-4:30pm				<b>CrossFit</b> 4:15-5:15pm	<b>BOOTCAMP</b> 4-4:30pm			
			<b>BOOTCAMP</b> 4:30-5					<b>BOOTCAMP</b> 4:30-5			
	<b>CrossFit</b> 5:15-6:15		<b>BOOTCAMP</b> 5-5:30				<b>CrossFit</b> 5:15-6:15	<b>BOOTCAMP</b> 5-5:30			
		<b>BOOTCAMP</b> 5:30-6		<b>CORDIO</b> 5:30-6:10pm			<b>BOOTCAMP</b> 5:30-6				
		<b>BOOTCAMP</b> 6-6:30					<b>BOOTCAMP</b> 6-6:30				
			<b>MIT FIIT</b> *Mondays* 6:35-7:15				<b>MIT FIIT</b> *Thursdays* 6:35-7:15				