


		MONDAY, TUESDAY, WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
MORNING			BOOTCAMP 5-5:30		CORDIO 5:30-6:10am		BOOTCAMP 5-5:30				
	CrossFit 5:15-6:15		BOOTCAMP 5:30-6	 <p>DOWN HOME CROSSFIT</p> <p>CONTACT - JAKE@DownHomeCrossfit.com with questions or to set up a "NO SWEAT INTRO"</p> <p>PERSONAL TRAINING scheduled by request daily</p>		CrossFit 5:15-6:15	BOOTCAMP 5:30-6				
	CrossFit 6:15-7:15		BOOTCAMP 6-6:30			CrossFit 6:15-7:15	BOOTCAMP 6-6:30				
					Open Gym 7:15-8:15				Open Gym 7:15-8:15		
	CrossFit 8:30-9:30						CrossFit 8:30-9:30			OCCASIONAL YOGA/OTHER 8-8:45am	CORDIO 8:20-9am
	CrossFit 9:15-10:15									CrossFit (WOD) 9-9:45	
					Open Gym 9:30-11				Open Gym 9:30-11	CrossFit (compWOD) 9:45-11	Open Gym 10-11am
		BOOTCAMP 9:30-10					BOOTCAMP 9:30-10				
AFTERNOON			BOOTCAMP 4-4:30pm			CrossFit 12:15-1:15					
	CrossFit 4:15-5:15pm		BOOTCAMP 4:30-5				BOOTCAMP 4-4:30pm				
			BOOTCAMP 5-5:30	<div style="border: 1px solid black; padding: 5px; text-align: center;"> Open Gym 4-7PM </div>			CrossFit 4:15-5:15pm	BOOTCAMP 4:30-5			
	CrossFit 5:15-6:15		BOOTCAMP 5-5:30			CORDIO 5:30-6:10pm	CrossFit 5:15-6:15	BOOTCAMP 5-5:30			
			BOOTCAMP 5:30-6					CrossFit 5:15-6:15	BOOTCAMP 5:30-6		
CrossFit 6:15-7:15		BOOTCAMP 6-6:30					CrossFit 6:15-7:15	BOOTCAMP 6-6:30			
			MIT FITT *Mondays only 6:35-7:15								