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| **Time** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **8:00-9:00am** | **CrossFit**  **(Justin Black)** | **CrossFit**  **Justin Black** | **CrossFit**  **Justin Black** | **CrossFit**  **Justin Black** | **CrossFit**  **Justin Black** |
| **9:30am-Noon** |  | **SENIOR**  **VOLLEYBALL**  **(Justin Black)** |  | **SENIOR**  **VOLLEYBALL**  **(Justin Black)** |  |
| **10:00-11:00am** | **Functional Fitness**  **For Seniors**  **(Justin Black)** |  | **Functional Fitness**  **For Seniors**  **(Justin Black)** |  | **Functional Fitness**  **For Seniors**  **(Justin Black)** |
| **Noon-1:00pm** | **CrossFit**  **(Cassie Tisho)** | **CrossFit**  **Cassie Tisho)** | **CrossFit**  **(Cassie Tisho)** | **CrossFit**  **(Cassie Tisho)** | **CrossFit**  **(Cassie Tisho)** |
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| **1:00-2:00pm** | **CrossFit**  **(Cassie Tisho)** | **CrossFit**  **(Cassie Tisho)** | **CrossFit**  **(Cassie Tisho)** | **CrossFit**  **(Cassie Tisho)** | **CrossFit**  **(Cassie Tisho)** |
| **6:00-7:00pm** | **CrossFit**  **(Cassie Tisho)** | **CrossFit**  **(Cassie Tisho)** | **CrossFit**  **(Cassie Tisho)** | **CrossFit**  **(Cassie Tisho)** | **CrossFit**  **(Cassie Tisho)** |

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