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| --- | --- | --- | --- | --- | --- |
| **Time** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| 8:00AM | CrossFit | CrossFit | CrossFit | CrossFit | CrossFit |
| 12:00PM  | CrossFit | CrossFit | CrossFit | CrossFit | CrossFit |
| 6:00PM | CrossFit | CrossFit | CrossFit | CrossFit | CrossFit |
| 7:00PM | Boot Camp | Boot Camp | Boot Camp | Boot Camp | Boot Camp |