


# TIMELESS *CROSSFIT* Summer Schedule as of June 30, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30 AM	CROSSFIT - MEGAN	CROSSFIT - LEE	CROSSFIT - LEE	CROSSFIT - PETER	CROSSFIT - PETER			
8:00 AM						CROSSFIT - MC		
8:30 AM			CYCLE EXPRESS - MC				YOGA - DONNA	
9:00 AM	CROSSFIT - CAREY	CROSSFIT - MC	METCON - MC	CF ENDURANCE - MEGAN	CROSSFIT - CAREY		CF STRIKING - PETER	Questions? Ask Our Staff!
9:30 AM						METCON - CHRISTIAN		
10:00 AM	RESERVED ROOM: YOUTH STRENGTH & CONDITIONING CLASS PAID CLASS	RESERVED ROOM: YOUTH STRENGTH & CONDITIONING CLASS PAID CLASS	RESERVED ROOM: YOUTH STRENGTH & CONDITIONING CLASS PAID CLASS	RESERVED ROOM: YOUTH STRENGTH & CONDITIONING CLASS PAID CLASS			CARDIO CONDITIONING - MATT	
12:00 PM	CYCLE EXPRESS PLUS - MEGAN							
12:30 PM	CROSSFIT - CAREY	CROSSFIT - MC	CROSSFIT - MEGAN	CROSSFIT - MC	CROSSFIT - CAREY			
4:30 PM	CROSSFIT - MEGAN	CROSSFIT - CHRISTIAN	CROSSFIT - MEGAN	CROSSFIT - TARA	CROSSFIT - MATT			
5:30 PM	CROSSFIT - ASHLEIGH	CROSSFIT - CHRISTIAN	CF ENDURANCE - MEGAN	CF STRIKING - PETER				
6:30 PM	CROSSFIT - ASHLEIGH	CROSSFIT - MATT	CROSSFIT - CHRISTIAN	CROSSFIT - MATT				
			YOGA - DAVE 6:40PM					

Reservation Policy: PLEASE REMEMBER TO SIGN IN PRIOR TO ARRIVAL OF CLASS.  
 Sign-up via TRIIB or visit our website at: [www.timelesscrossfit.com](http://www.timelesscrossfit.com) - #508-528-8900

Schedules are subject to change.

