


TIMELESS CROSSFIT FALL Schedule as of September 9, 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 - CAREY				CROSSFIT - CAREY	CROSSFIT	YOGA - DONNA	
8:30 AM			CYCLE EXPRESS - MC					
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		
10:00 AM							CARDIO CONDITIONING - MATT	
12:00 PM	CYCLE EXPRESS PLUS - MEGAN		CYCLE EXPRESS PLUS - MEGAN					
12:30 PM	CROSSFIT - MC	CROSSFIT - MC	CROSSFIT - MEGAN	CROSSFIT - MC	CROSSFIT - MEGAN / MC			
4:30 PM		CROSSFIT - CHRISTIAN	CROSSFIT - MEGAN	CROSSFIT - CHRISTIAN	PURE BODY WEIGHT TRAINING - CHRISTIAN			
5:30 PM	GYMNASTICS SKILLS TRAINING - CAREY 5:00P.M.	CROSSFIT - CHRISTIAN	CF ENDURANCE - MEGAN	CF STRIKING PETER	CROSSFIT - MATT			
6:30 PM	CROSSFIT - MATT	CROSSFIT - MATT	OLYMPIC STRENGTH & CONDITIONING VICTORIA	CROSSFIT - MATT				
			YOGA - DAVE 6:40PM					

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

Schedules are subject to change.

