

CFK North    CrossFit, CFK Burn    All Coaches    MAKE DEFAULT VIEW

PRINT    EMBED

May 11<sup>th</sup> - 17<sup>th</sup>

# NORTH SCHEDULE

< TODAY >

	5/11 Mon	5/12 Tue	5/13 Wed	5/14 Thu	5/15 Fri	5/16 Sat	5/17 Sun
05							
06	CrossFit: 6:00 AM (CFK North) 00 09	CFK Burn: 6:00 AM (CFK North) 00 09	CrossFit: 6:00 AM (CFK North) 00 09	CFK Burn: 6:00 AM (CFK North) 00 09	CrossFit: 6:00 AM (CFK North) 00 09		
07	CFK Burn: 7:00 AM (CFK North) 00 09	CrossFit: 6:30 AM (CFK North) 00 09	CFK Burn: 7:00 AM (CFK North) 00 09	CrossFit: 6:30 AM (CFK North) 00 09	CFK Burn: 7:00 AM (CFK North) 00 09		
08						CrossFit: 8:00 AM (CFK North) 00 09	
09	CFK Burn: 8:30 AM (CFK North) 00 09	CrossFit: 8:30 AM (CFK North) 00 09	CFK Burn: 8:30 AM (CFK North) 00 09	CrossFit: 8:30 AM (CFK North) 00 09	CFK Burn: 8:30 AM (CFK North) 00 09		
10	CrossFit: 9:00 AM (CFK North) 00 09	CFK Burn: 9:30 AM (CFK North) 00 09	CrossFit: 9:00 AM (CFK North) 00 09	CFK Burn: 9:30 AM (CFK North) 00 09	CrossFit: 9:00 AM (CFK North) 00 09		
11						CrossFit (Level 2): 10:15 AM (CFK North) 00 09	
12	CFK Burn: 11:30 AM (CFK North) 00 09	CrossFit: 11:30 AM (CFK North) 00 09	CFK Burn: 11:30 AM (CFK North) 00 09	CrossFit: 11:30 AM (CFK North) 00 09	CFK Burn: 11:30 AM (CFK North) 00 09		
01	CrossFit: 12:00 PM (CFK North) 00 09	CFK Burn: 12:30 PM (CFK North) 00 09	CrossFit: 12:00 PM (CFK North) 00 09	CFK Burn: 12:30 PM (CFK North) 00 09	CrossFit: 12:00 PM (CFK North) 00 09		
02							
03							
04	CFK Burn: 3:30 PM (CFK North) 00 09	CrossFit: 3:30 PM (CFK North) 00 09	CFK Burn: 3:30 PM (CFK North) 00 09	CrossFit: 3:30 PM (CFK North) 00 09	CFK Burn: 3:30 PM (CFK North) 00 09		
05	CrossFit: 4:00 PM (CFK North) 00 09	CFK Burn: 4:30 PM (CFK North) 00 09	CrossFit: 4:00 PM (CFK North) 00 09	CFK Burn: 4:30 PM (CFK North) 00 09	CrossFit: 4:00 PM (CFK North) 00 09		
06	CFK Burn: 5:15 PM (CFK North) 00 09	CrossFit: 5:15 PM (CFK North) 00 09	CFK Burn: 5:15 PM (CFK North) 00 09	CrossFit: 5:15 PM (CFK North) 00 09	CFK Burn: 5:15 PM (CFK North) 00 09		
07	CrossFit: 6:00 PM (CFK North) 00 09	CFK Burn: 6:30 PM (CFK North) 00 09	CrossFit: 6:00 PM (CFK North) 00 09	CFK Burn: 6:30 PM (CFK North) 00 09	CrossFit: 6:00 PM (CFK North) 00 09		
08	CFK Burn: 7:00 PM (CFK North) 00 09	CrossFit: 7:00 PM (CFK North) 00 09	CFK Burn: 7:00 PM (CFK North) 00 09	CrossFit: 7:00 PM (CFK North) 00 09			



May 11<sup>th</sup> - 17<sup>th</sup>

# West Schedule

< TODAY >

	5/11 Mon	5/12 Tue	5/13 Wed	5/14 Thu	5/15 Fri	5/16 Sat	5/17 Sun
AM 05							
06	CrossFit: 5:30 AM (CFK West) 00 ▲ 09	CFK Burn: 5:30 AM (CFK West) 01	CrossFit: 5:30 AM (CFK West) 00 ▲ 09	CFK Burn: 5:30 AM (CFK West) 01	CrossFit: 5:30 AM (CFK West) 00 ▲ 09		
07	CFK Burn: 6:30 AM (CFK West) 01	CrossFit: 6:00 AM (CFK West) 01 ▲ 09	CFK Burn: 6:30 AM (CFK West) 01	CrossFit: 6:00 AM (CFK West) 01 ▲ 09	CFK Burn: 6:30 AM (CFK West) 00		
08							
09	CrossFit: 8:30 AM (CFK West) 02 ▲ 09	CFK Burn: 8:30 AM (CFK West) 00	CrossFit: 8:30 AM (CFK West) 03 ▲ 09	CFK Burn: 8:30 AM (CFK West) 00	CrossFit: 8:30 AM (CFK West) 01 ▲ 09	CrossFit: 8:00 AM (CFK West) 00 ▲ 09	
10	CFK Burn: 9:30 AM (CFK West) 00	CrossFit: 9:00 AM (CFK West) 01 ▲ 09	CFK Burn: 9:30 AM (CFK West) 00	CrossFit: 9:00 AM (CFK West) 00 ▲ 09	CFK Burn: 9:30 AM (CFK West) 00	CFK Burn: 9:00 AM (CFK West) 00	
11						CrossFit (Level 2): 10:15 AM (CFK West) 00 ▲ 09	
PM 12	CFK Burn: 11:30 AM (CFK West) 00	CrossFit: 11:30 AM (CFK West) 01 ▲ 09	CFK Burn: 11:30 AM (CFK West) 00	CrossFit: 11:30 AM (CFK West) 00 ▲ 09	CFK Burn: 11:30 AM (CFK West) 00		
01	CrossFit: 12:00 PM (CFK West) 00 ▲ 09	CFK Burn: 12:30 PM (CFK West) 00	CrossFit: 12:00 PM (CFK West) 00 ▲ 09	CFK Burn: 12:30 PM (CFK West) 00	CrossFit: 12:00 PM (CFK West) 00 ▲ 09		
02							
03							
04	CrossFit: 3:30 PM (CFK West) 00 ▲ 09	CFK Burn: 3:30 PM (CFK West) 00	CrossFit: 3:30 PM (CFK West) 00 ▲ 09	CFK Burn: 3:30 PM (CFK West) 00	CrossFit: 3:30 PM (CFK West) 00 ▲ 09		
05	CFK Burn: 4:30 PM (CFK West) 00	CrossFit: 4:00 PM (CFK West) 00 ▲ 09	CFK Burn: 4:30 PM (CFK West) 00	CrossFit: 4:00 PM (CFK West) 00 ▲ 09	CFK Burn: 4:30 PM (CFK West) 00		
06	CrossFit: 5:15 PM (CFK West) 00 ▲ 09	CrossFit: 5:15 PM (CFK West) 00 ▲ 09	CrossFit: 5:15 PM (CFK West) 00 ▲ 09	CrossFit: 5:15 PM (CFK West) 00 ▲ 09	CrossFit: 5:15 PM (CFK West) 00 ▲ 09		
07	CrossFit: 6:30 PM (CFK West) 00 ▲ 09	CrossFit: 6:30 PM (CFK West) 01 ▲ 09	CrossFit: 6:30 PM (CFK West) 00 ▲ 09	CrossFit: 6:30 PM (CFK West) 01 ▲ 09	CrossFit: 6:30 PM (CFK West) 00 ▲ 09		
08	CFK Burn: 7:30 PM (CFK West) 00	CrossFit: 7:30 PM (CFK West) 00 ▲ 09	CFK Burn: 7:30 PM (CFK West) 00	CrossFit: 7:30 PM (CFK West) 00 ▲ 09	CFK Burn: 7:30 PM (CFK West) 00		

