



Q3 2010 Calendar

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|----------------|--------------------------|-------------------------|--------------------------|-------------------------|--------------------------|------------|----------|
| 6:30AM | All Levels | All Levels | All Levels | All Levels | All Levels | | |
| 9:30AM | | CrossFit Mom | | | CrossFit Mom | | |
| 11:00AM | | | | | | All Levels | Open Gym |
| 12:00PM | All Levels | | All Levels | | All Levels | All Levels | |
| 4:00PM | CrossFit Kids Teen | | CrossFit Kids Teen | | CrossFit Kids Teen | | |
| 4:45PM | CrossFit Kids Elementary | CrossFit Kids Preschool | CrossFit Kids Elementary | CrossFit Kids Preschool | CrossFit Kids Elementary | | |
| 5:30PM | Beginners | Intermediate | Beginners | Intermediate | Strength | | |
| 6:30PM | Intermediate | Beginners | Advanced | Beginners | | | |