

Warehouse Beach

May Classes

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY		FRIDAY	SATURDAY
06:00	CROSSFIT		CROSSFIT		CROSSFIT	7:30	BEACH CIRCUIT	TRX
06:00		CYCLE		CYCLE		8:30	CROSSFIT	CROSSFIT
06:30				RUN CLUB		10:00	GONE IN 60	CYCLE
07:00	BEACH CIRCUIT	TRX	BEACH CIRCUIT	TRX	BEACH CIRCUIT			
09:00	INDOOR CIRCUIT	CYCLE	INDOOR CIRCUIT	CYCLE	INDOOR CIRCUIT			
18:15	BEACH CIRCUIT	BEACH CIRCUIT	BEACH CIRCUIT	BEACH CIRCUIT	BEACH CIRCUIT			
19:00	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT			
19:15	GONE IN 60	CYCLE	GONE IN 60	CYCLE				