



THE CROSSFIT August 2017 Small Group Training



Participate by purchasing a drop-in card at the front desk.

Day	Time	Class	Trainer	Location
Mondays	9 a.m.	TRX/KB	Chris	Bball court
Mondays	9:30 a.m.	CF Express	Chris	CF room
Mondays	12:15 p.m.	Boxing – NEW!	Randy	Bball court
Tuesdays	5:45 a.m.	Rise & Grind	Chris	CF room
Tuesdays	9 a.m.	TRX/KB	Randy	Bball court
Wednesdays	9:30 a.m.	High Int. Circuits	Laura/Brittany	Bball court
Wednesdays	10 a.m.	Core & More	Chris	Bball court
Wednesdays	12:15 p.m.	Boxing – NEW!	Randy	Bball court
Wednesdays	6 p.m.	CF/TRX Circuits	Brittany	CF room
Thursdays	9 a.m.	TRX/KB	Randy	Bball court
Fridays	8:15 a.m.	TRX	Chris	Bball court
Fridays	9 a.m.	CF Express	Chris	CF room

How to participate:

Drop-In: Purchase a 4-punch (\$20) or 8-punch card (\$40) and drop-in to any class on the schedule.

Unlimited Pass: \$50 allows unlimited access to all TRX/CF/Boxing classes all month.

Non-member: must pay guest fee as well as punch card

TRX: Make Your Body Your Machine

