

JULY 2025 CROSSFIT SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1</i> 6AM: CHAD 7AM: CHAD: ROW 8AM: CHAD 12PM: STACY 6PM: STACY	<i>2</i> 6AM: CHAD 8AM: CHAD 12PM: ANGELA 6PM: ANGELA	<i>3</i> 6AM: CHAD 8AM: CHAD 12PM: STACY 6PM: STACY	<i>4</i> HAPPY 4TH OF JULY CLOSED	<i>5</i> 830AM: CHAD
<i>6</i>	<i>7</i> 6AM: CHAD 8AM: CHAD 12PM: CHAD 6PM: CHAD	<i>8</i> 6AM: ANGELA 7AM: ANGELA: ROW 8AM: ANGELA 12PM: ANGELA 6PM: ANGELA	<i>9</i> 6AM: ANGELA 8AM: ANGELA 12PM: ANGELA 6PM: ANGELA	<i>10</i> 6AM: ANGELA 8AM: ANGELA 12PM: CHAD 6PM: CHAD	<i>11</i> 7AM: CHAD: ROW OPEN GYM 8-9AM CHAD 4-5PM STACY	<i>12</i> 830AM: STACY
<i>13</i>	<i>14</i> 6AM: CHAD 8AM: CHAD 12PM: ANGELA 6PM: ANGELA	<i>15</i> 6AM: CHAD 7AM: CHAD: ROW 8AM: CHAD 12PM: ANGELA 6PM: STACY	<i>16</i> 6AM: CHAD 8AM: CHAD 12PM: ANGELA 6PM: ANGELA	<i>17</i> 6AM: CHAD 8AM: CHAD 12PM: ANGELA 6PM: STACY	<i>18</i> 7AM: ANGELA: ROW OPEN GYM 8-9AM ANGELA 4-5PM STACY	<i>19</i> 830AM: ANGELA
<i>20</i>	<i>21</i> 6AM: ANGELA 8AM: ANGELA 12PM: CHAD 6PM: CHAD	<i>22</i> 6AM: ANGELA 7AM: ANGELA: ROW 8AM: ANGELA 12PM: ANGELA 6PM: STACY	<i>23</i> 6AM: ANGELA 8AM: ANGELA 12PM: ANGELA 6PM: ANGELA	<i>24</i> 6AM: ANGELA 8AM: ANGELA 12PM: ANGELA 6PM: STACY	<i>25</i> 7AM: CHAD: ROW OPEN GYM 8-9AM CHAD 4-5PM STACY	<i>26</i> 830AM: CHAD
<i>27</i>	<i>28</i> 6AM: CHAD 8AM: CHAD 12PM: ANGELA 6PM: ANGELA	<i>29</i> 6AM: CHAD 7AM: CHAD: ROW 8AM: CHAD 12PM: ANGELA 6PM: ANGELA	<i>30</i> 6AM: CHAD 8AM: CHAD 12PM: ANGELA 6PM: CHAD	<i>31</i> 6AM: CHAD 8AM: CHAD 12PM: ANGELA 6PM: ANGELA		