

SEPT. 2025 CROSSFIT SCHEDULE

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