



CROSSFIT
WEST HOUSTON

Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30AM CrossFit 10:30 to 11:30AM Open Gym 10:45AM Yoga	5AM CrossFit 6AM CrossFit 9:30AM CrossFit 12 Noon CrossFit 4:00PM Kids (45 min – Ages 10 to 14) 4:30PM CrossFit 5:30PM CrossFit 6:30PM CrossFit	5AM CrossFit 6AM CrossFit 6AM Fundamentals 8:30AM CrossFit 9:30AM CrossFit 12 Noon CrossFit 4:30PM CrossFit 5:30PM CrossFit 6PM Fundamentals 6:30PM CrossFit	5AM CrossFit 6AM CrossFit 9:30AM CrossFit 12 Noon CrossFit 4:00PM Kids (45 min – Ages 10 to 14) 4:30PM CrossFit 5:30PM CrossFit 6:30PM CrossFit 7:00PM Yoga	5AM CrossFit 6AM CrossFit 6AM Fundamentals 8:30AM CrossFit 9:30AM CrossFit 12 Noon CrossFit 4:30PM CrossFit 5:30PM CrossFit 6PM Fundamentals 6:30PM CrossFit	5AM CrossFit 6AM CrossFit 9:30AM CrossFit 12 Noon CrossFit 4:30PM CrossFit 5:30PM CrossFit	8:30AM CrossFit 8:30AM CrossFit Kids (45 min – Ages 5 to 10) 10:00AM Intro to CrossFit

Effective Jan 30, 2012