

BARK RIVER

CROSSFIT

MONDAY

5:30 am CrossFit
6:30 am CrossFit
8 am CrossFit
9 am CrossFit

12 pm CrossFit
4:30 pm CrossFit
5:30 pm CrossFit

TUESDAY

5:30 am CrossFit
6:30 am CrossFit
8 am CrossFit
9 am CrossFit

12 pm CrossFit
4:30 pm CrossFit
5:30 pm CrossFit

WEDNESDAY

5:30 am CrossFit
6:30 am CrossFit
8 am CrossFit
9 am CrossFit

12 pm CrossFit
4:30 pm CrossFit
5:30 pm CrossFit

THURSDAY

5:30 am CrossFit
6:30 am CrossFit
8 am CrossFit
9 am CrossFit

12 pm CrossFit
4:30 pm CrossFit
5:30 pm CrossFit

FRIDAY

5:30 am CrossFit
6:30 am CrossFit
8 am CrossFit
9 am CrossFit

12 pm CrossFit
4:30 pm CrossFit
5:30 pm CrossFit

SATURDAY

8 am CrossFit
9 am CrossFit

