



CROSSFIT PICKERING SCHEDULE 2016

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				5:30 AM MW		
6 AM	6 AM	6 AM	6 AM	6 AM		
6 AM BC		6 AM BC		6 AM BC		
7 AM	7 AM	7 AM	7 AM	7 AM		
7 AM BC		7 AM BC		7 AM BC		
9 AM		9 AM		8 AM		9 am OLY
8 am to 10 am OPEN and Competitive training	8 am to 10 am OPEN and Competitive training	8 am to 10 am OPEN and Competitive training		8 am to 10 am OPEN and Competitive training	9 AM	10 AM
					10 AM PP/OLY	
					10 - 12 OPEN	
NOON	NOON	NOON	NOON	11 AM	10 AM BC (TTS)	
NOON BC		NOON BC		NOON BC	11 AM	
4:30 PM	4:30 PM	4:30 PM	4:30 PM	4:30 PM	10:15 KIDS	
		4:30 KIDS				
6:00 PM	5:30 PM	6:00 PM	6:00 PM	5:30 PM	11:15 KIDS	
				6 PM - 7:30 OPEN		
	6:30 PM - 7:30 OPEN		6:30 PM - 7:30 OPEN	6:30 PM		
	6 PM PP/OLY		6 PM PP/OLY			
6:30 PM - 8:00 OPEN	6:30 PM KIDS	6:30 PM - 8:00 OPEN	6:30 PM KIDS			
7:30 PM	7:30 PM	7:30 PM	7:30 PM			
7:30 PM BC (MWF)	6:30 PM BC (TTS)	7:30 PM BC (MWF)	6:30 PM BC (TTS)	7:30 PM BC (MWF)		

All Classes are one hour except for kids classes (40 Min) and where otherwise indicated.

CROSSFIT BOOTCAMP
 CROSSFIT GROUP CLASS
 CROSSFIT KIDS CLASS

CROSSFIT OPEN GYM TIME
 CROSSFIT POWER LIFTING CLASS(PP)
 CROSSFIT MOBILITY WOD