



CROSSFIT PICKERING SCHEDULE 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 AM – 6 AM OPEN		5 AM – 6 AM OPEN		5 AM – 6 AM OPEN		
6 AM	6 AM	6 AM	6 AM	6 AM		
7 AM	7 AM	7 AM	7 AM	7 AM		
7 AM BC		7 AM BC	6 am to 8 am OPEN and competitive training	7 AM BC		
9 AM		9 AM		9 AM		9 am OLY
8 am to 11 am OPEN and Competitive training	9 am to 11 am OPEN and Competitive training	8 am to 11 am OPEN and Competitive training		8 am to 11 am OPEN and Competitive training	9 AM	10 AM
11 AM BC		11 AM BC		11 AM BC	10 AM – 12 pm OPEN	9 am – 11 am OPEN
NOON	NOON	NOON	NOON	NOON	10 AM BC (TTS)	11 am
Over 60 CLASS	3:30 PM	Over 60 CLASS	3:30 PM		POWERLIFTING 10 AM	GYMNASTICS NOON
4:30 PM	4:30 PM	4:30 PM	4:30 PM	4:30 PM	11 AM	
7:30 TEENS		4:30 TEENS			10:00 KIDS	
6:00 PM	5:30 PM	6:00 PM	5:30 PM	5:30 PM	11:00 TEENS	All Classes are one hour except for kids classes (45 Min) and where otherwise indicated.
4:30 PM – 7:30 OPEN	4:30 PM – 7:30 OPEN	4:30 PM – 7:30 OPEN	4:30 PM – 7:30 OPEN	4:30 PM – 7:30 OPEN		
	6:30 PM	POWERLIFTING 7 PM	6:30 PM OLY	6:30 PM		
6:30 PM BC (MWF)	6:30 PM KIDS	6:30 PM BC (MWF)	6:30 PM KIDS	6:30 PM BC (MWF)		
7:30 PM	7:30 PM	7:30 PM	7:30 PM			
	7:30 PM BC (TTS)	GYMNASTICS 8:30PM	7:30 PM BC (TTS)			

BOOTCAMP

CROSSFIT GROUP CLASS

CROSSFIT KIDS CLASS

CROSSFIT OPEN GYM TIME

OLYMPIC LIFTING

POWERLIFTING

GYMNASTICS