



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30 CrossFit	5:30-6:30 CrossFit	5:30-6:30 CrossFit	5:30-6:30 CrossFit	5:30-6:30 CrossFit	
6:30-7:00 Mobility Thirty minutes geared towards improving range of motion and movement quality		6:30-7:00 Mobility Thirty minutes geared towards improving range of motion and movement quality		6:30-7:00 Mobility Thirty minutes geared towards improving range of motion and movement quality	
7:00-7:30 Intro to CrossFit Teaching the basics of CrossFit movements		7:00-7:30 Intro to CrossFit Teaching the basics of CrossFit movements			10:00-11:00 CrossFit
					11:00-11:30 METCON Thirty minutes of metabolic conditioning to speed up the fat loss process
12:00-1:00 CrossFit	12:00-1:00 CrossFit	12:00-1:00 CrossFit	12:00-1:00 CrossFit	12:00-1:00 CrossFit	12:00-1:00 Power Crew Powerlifting: Deadlift
3:00-4:00 Power Crew Powerlifting: Squat		3:00-4:00 Power Crew Powerlifting: Bench		3:00-4:00 Power Crew Powerlifting: Deadlift	
5:00-6:00 CrossFit	5:00-5:30 Mobility Thirty minutes geared towards improving range of motion and movement quality	5:00-6:00 CrossFit	5:00-5:30 Mobility Thirty minutes geared towards improving range of motion and movement quality		
	5:30-6:00 METCON Thirty minutes of metabolic conditioning to speed up the fat loss process		5:30-6:00 METCON Thirty minutes of metabolic conditioning to speed up the fat loss process		
6:00-7:00 CrossFit	6:00-7:00 CrossFit	6:00-7:00 CrossFit	6:00-7:00 CrossFit	6:00-7:00 CrossFit	
	6:30-7:30 Power Crew Olympic Lifting: Snatch		6:30-7:30 Power Crew Olympic Lifting: Clean & Jerk		
7:00-7:30 METCON Thirty minutes of metabolic conditioning to speed up the fat loss process	7:00-7:30 Intro to CrossFit Teaching the basics of CrossFit movements	7:00-7:30 METCON Thirty minutes of metabolic conditioning to speed up the fat loss process	7:00-7:30 Intro to CrossFit Teaching the basics of CrossFit movements		
7:30-8:30 Power Crew Powerlifting: Squat		7:30-8:30 Power Crew Powerlifting: Bench			