

WEEKLY SCHEDULE



DERBY CITY CROSSFIT

CROSSFIT

5:00am - 6:00am	Mon - Fri
6:00am - 7:00am	Mon - Fri
8:00am - 9:00am	Mon - Fri
12:00pm - 1:00pm	Mon - Fri
4:30pm - 5:30pm	Mon - Fri
5:30pm - 6:30pm	Mon - Fri
6:30pm - 7:30pm	Mon - Thu
7:30pm - 8:30pm	Mon - Thu
9:30am - 10:30am	Sat
10:30am - 11:30am	Sat

UNLOADED

7:30pm - 8:30pm	Thu
9:30am - 10:30am	Sun
10:30am - 11:30am	Sun

COMPETITORS

5:30pm - 6:30pm	M, T, W, F
6:30pm - 7:30pm	M, T, W

OPEN GYM

7:00am - 8:00am	Mon - Fri
11:00am - 12:00pm	Mon - Fri
1:00pm - 4:30pm	Mon - Fri
7:30pm - 8:30pm	Mon-Thu
11:30am - 12:30pm	Sat
as coaches are available	
9:30am - 11:30am	Sun
during Unloaded	