

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

### UNLOADED

12:30pm - 1:30pm	M, W, F
9:30am - 10:30am	Sun
10:30am - 11:30am	Sun

### YOGA

11:45am - 12:45pm	Sun
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### COMPETITORS

1:00pm - 3:00pm	M, T, W, F
5:30pm - 6:30pm	M, T, W, F
6:30pm - 7:30pm	M, T, W, F

### OPEN GYM

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