

# ***Studio One*** // Floor

	MON	TUE	WED	THU	FRI		SAT
6:00 AM	CrossFit	Strength - Upper Body	CrossFit	Strength - Lower Body	CrossFit		
7:00 AM	Strength - Upper Body		Glute + Core Power (45)			8:00AM	Skills Class
9:30 AM	Glute + Core Power (45)	CrossFit	HIIT Express	CrossFit	CrossFit	9:00 AM	Team Workout
12:00 PM	CrossFit	Strength - Upper Body		Strength - Lower Body	HIIT Express	10:30AM	Strong Man
4:30 PM	Glute + Core Power (45)		HIIT Express		Glute + Core Power (45)		
5:30 PM	CrossFit	Strength - Upper Body	CrossFit	Strength - Lower Body	CrossFit		
6:30 PM		CrossFit		CrossFit			