Class Schedule from July 2023

2023年9月 ～クラススケジュール

	Mon	Tue	Wed	Thu	Fri		Sat	Sun
AM	CrossFit 7:30-8:30					AM	CrossFit 8:30-9:30	CrossFit 8:30-9:30
	CrossFit 9:00-10:00						CrossFit 9:45-10:45	CrossFit 9:45-10:45
							CrossFit 11:00-12:00	Foundation 11:00-12:00
							CLOSE	
PM		CrossFit 18:00-19:00	CrossFit 18:00-19:00	CrossFit 18:00-19:00	CrossFit 18:00-19:00	PM	Foundation 18:00-19:00	
		Foundation 19:15-20:15	CrossFit 19:15-20:15	CrossFit 19:15-20:15	CrossFit 19:15-20:15		CrossFit 19:00-20:00	
		CrossFit 20:30-21:30	CrossFit 20:30-21:30	Foundation 20:30-21:30	CrossFit 20:30-21:30			