

# CrossFit Perimeter Schedule (Youth Schedule is on Page 2)

CrossFit sessions are 1 hour – **Yellow** indicates CrossFit and Elements Sessions  
(404) 531-6872

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:45 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
5:30 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
6:30 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
7:30 AM	CrossFit & Boot Camp	CrossFit	CrossFit & Boot Camp	CrossFit	CrossFit & Boot Camp	CrossFit	CrossFit
8:30 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit
9:30 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit & Boot Camp	CrossFit
10:30 AM						CrossFit	CrossFit
11:30 AM						Open Gym	Open Gym
12:00 PM	CrossFit		CrossFit		CrossFit		
3:30 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
4:30 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
5:30 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
6:15PM	Boot Camp		Boot Camp				
6:30 PM	CrossFit	CrossFit	CrossFit	Open Gym			
7:30 PM	CrossFit Boot Camp	CrossFit	CrossFit Boot Camp				

# CrossFit Perimeter Youth Fall Schedule for 2017

Starting August 7<sup>th</sup>

(404) 531-6872

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:30 – 11:30						9-16 Yrs	
3:30 - 4:30	High Schoolers	High Schoolers	High Schoolers	High Schoolers			
4:15 - 5:00	6-8 yrs	6-8 yrs	6-8 yrs	6-8 yrs			
4:30 - 5:30					9-16 yrs		
5:00 - 6:00	9-16 yrs Elements	9-16 yrs Elements	9-16 yrs Elements	9-16 yrs Elements			
5:00 - 6:00	9-12 yrs	9-12 yrs	9-12 yrs	9-12 yrs			
6:00 - 7:00	12-16 yrs	12-16 yrs	12-16 yrs	12-16 yrs			