

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 | | |
| 6:15 AM | Boot Camp | | Boot Camp | | Boot Camp | | |
| 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 Boot Camp | 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 | | | | |

