



# WESTRIDGE CROSSFIT SCHEDULE

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  | SUNDAY  |
|---|--|--|--|---|---|---|
|   | 5:00-6:00a.m.<br>Westridge CF Class<br>Coach Mandy     |  | 5:00-6:00a.m.<br>Westridge CF Class<br>Coach Mandy |   |   |   |
| 6:00-7:00a.m.<br>Westridge CF Class<br>Coach Kevin  | 6:00-7:00a.m.<br>Westridge CF Class<br>Coach Mandy     | 6:00-7:00a.m.<br>Westridge CF Class<br>Coach Kevin     | 6:00-7:00a.m.<br>Westridge CF Class<br>Coach Mandy | 6:00-7:00a.m.<br>Westridge CF Class<br>Coach Kevin            |   |   |
| 7:00-8:00a.m.<br>Westridge CF Class<br>Coach Kevin  |  | 7:00-8:00a.m.<br>Westridge CF Class<br>Coach Kevin     |  | 7:00-8:00a.m.<br>Westridge CF Class<br>Coach Kevin            |   |   |
|   | 8:00-9:00a.m.<br>Westridge CF Class<br>Coach Mandy     |  | 8:00-9:00a.m.<br>Westridge CF Class<br>Coach Mandy |   |   |   |
| 9:00-10:00a.m.<br>Westridge CF Class<br>Coach Mandy |  | 9:00-10:00a.m.<br>Westridge CF Class<br>Coach Mandy    |  | 9:00-10:00a.m.<br>Westridge CF Class<br>Coach Mandy           | 9:00-10:00a.m.<br>Westridge CF Class<br>Coach Elizabeth |   |
| <i>10:15-11:00a.m.<br/>TRX-Group Ex</i>             | <i>10:15-11:00a.m.<br/>TRX-Group Ex</i>                | <i>10:15-11:00a.m.<br/>TRX-Group Ex</i>                | <i>10:15-11:00a.m.<br/>TRX-Group Ex</i>            | <i>10:15-11:00a.m.<br/>TRX-Group Ex</i>                       |   |   |
| 6:00-7:00p.m.<br>Westridge CF Class<br>Coach Kevin  | 6:00-7:00p.m.<br>Westridge CF Class<br>Coach Elizabeth | 6:00-7:00p.m.<br>Westridge CF Class<br>Coach Elizabeth | 6:00-7:00p.m.<br>Westridge CF Class<br>Coach Kevin | <b>5:00-6:00p.m.</b><br>Westridge CF Class<br>Coach Elizabeth |   | Westridge CF<br>Open Gym ONLY<br>available when no<br>classes |

**All classes require reservations or are subject to being cancelled.  
Please sign up for class using the YMCA of WNC app.**