



# WESTRIDGE CROSSFIT SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:00-6:00a.m. CrossFit Class	5:00-6:00a.m. CrossFit Class	5:00-6:00a.m. CrossFit Class			
6:00-7:00a.m. CrossFit Class	6:00-7:00a.m. CrossFit Class	6:00-7:00a.m. CrossFit Class	6:00-7:00a.m. CrossFit Class	6:00-7:00a.m. CrossFit Class		
7:00-8:00a.m. CrossFit Class	7:00-8:00a.m. CrossFit Class	7:00-8:00a.m. CrossFit Class	7:00-8:00a.m. CrossFit Class	7:00-8:00a.m. CrossFit Class		
9:00-10:00a.m. CrossFit Class	9:00-10:00a.m. CrossFit Class	9:00-10:00a.m. CrossFit Class	9:00-10:00a.m. CrossFit Class	9:00-10:00a.m. CrossFit Class	9:00-10:00a.m. CrossFit Class	
10:15-11:00a.m. <b>TRX-Group Ex</b>	10:15-11:00a.m. <b>TRX-Group Ex</b>	10:15-11:00a.m. <b>TRX-Group Ex</b>	10:15-11:00a.m. <b>TRX-Group Ex</b>	10:15-11:00a.m. <b>TRX-Group Ex</b>		Check App for Dates & Times
4:30-5:15p.m. <b>Teen Strength</b>	11:15a.m.-12:00p.m. <b>LIFTMOR-PAID</b>		11:15a.m.-12:00p.m. <b>LIFTMOR-PAID</b>	5:30-6:30p.m. CrossFit Class		
6:00-7:00p.m. CrossFit Class	6:00-7:00p.m. CrossFit Class	6:00-7:00p.m. CrossFit Class	6:00-7:00p.m. CrossFit Class			Westridge CF Open Gym ON- LY available

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