






## CrossFit Jeffersontown Schedule

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crossfitjeffersontown.com

SCHEDULE EFFECTIVE 1/1/2019					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Performance WOD</b> <b>6-7AM</b> <i>Brad</i>		<b>Performance WOD</b> <b>6-7AM</b> <i>Brad</i>		<b>Performance WOD</b> <b>6-7AM</b> <i>Brad</i>	
<b>Performance WOD</b> <b>9-10AM</b> <i>Brad</i>	<b>Performance WOD</b> <b>10-11AM</b> <i>Brad</i>	<b>Performance WOD</b> <b>9-10AM</b> <i>Brad</i>	<b>Performance WOD</b> <b>10-11AM</b> <i>Brad</i>	<b>Performance WOD</b> <b>9-10AM</b> <i>Brad</i>	<b>Performance WOD</b> <b>11AM-12PM</b> <i>Rotates</i>
<b>Performance WOD</b> <b>12-1PM</b> <i>Brad</i>	<b>Performance WOD</b> <b>12-1PM</b> <i>Brad</i>	<b>Performance WOD</b> <b>12-1PM</b> <i>Brad</i>	<b>Performance WOD</b> <b>12-1PM</b> <i>Brad</i>	<b>Performance WOD</b> <b>12-1PM</b> <i>Brad</i>	
<b>Performance WOD</b> <b>Fitness WOD</b> <b>5:30PM-6:30PM</b> <i>Brad</i>	<b>Performance WOD</b> <b>Fitness WOD</b> <b>5:30PM-7PM</b> <i>Brad</i>	<b>Performance WOD</b> <b>Fitness WOD</b> <b>5:30PM-6:30PM</b> <i>Brad</i>	<b>Performance WOD</b> <b>Fitness WOD</b> <b>5:30PM-7PM</b> <i>Brad</i>	 <p><b>WOD:</b> Workout of the Day See Reverse for details.</p> <p><b>CrossFit Fitness WOD Level I:</b> Perfect for Beginners, Tests ALL Fitness Levels</p> <p><b>CrossFit Performance WOD Level II:</b> Challenges ALL Fitness Levels</p> <p><b>CrossFit Competition WOD Level III:</b> Elite Level WODs, See Coach for Details.</p>	
<b>Barbell Club</b> <b>5:30-7PM</b> <i>Rotates</i>	<b>Barbell Club</b> <b>5:30-7PM</b> <i>Rotates</i>	<b>Barbell Club</b> <b>5:30-7PM</b> <i>Rotates</i>	<b>Barbell Club</b> <b>5:30-7PM</b> <i>Rotates</i>		
					
					

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