

ROGUE®

LACSTRONG


LOUISVILLE ATHLETIC CLUB

CrossFit Jeffersontown Schedule

9565 Taylorsville Rd. Louisville, KY 40299

Contact: Brad Clark, PT, L1, CPT

bclark@athleticclubs.org

SCHEDULE EFFECTIVE 1/1/2020					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Performance WOD 6-7AM <i>Darian</i>		Performance WOD 6-7AM <i>Darian</i>			
Performance WOD 9-10AM <i>Brad</i>	Performance WOD 10-11AM <i>Brad</i>	Performance WOD 9-10AM <i>Brad</i>	Performance WOD 10-11AM <i>Brad</i>	Performance WOD 9-10AM <i>Brad</i>	Performance WOD 11AM-12PM <i>Kate</i>
Performance WOD 12-1PM <i>Brad</i>	Performance WOD 12-1PM <i>Brad</i>	Performance WOD 12-1PM <i>Brad</i>	Performance WOD 12-1PM <i>Brad</i>	Performance WOD 12-1PM <i>Brad</i>	
Performance WOD Fitness WOD 5:30PM-7PM <i>Kate</i>	Performance WOD Fitness WOD 5:30PM-7PM <i>Kate</i>	Performance WOD Fitness WOD 5:30PM-7PM <i>Kate</i>	Performance WOD Fitness WOD 5:30PM-7PM <i>Kate</i>		
Barbell Club 5:30-7PM <i>Keith</i>	Barbell Club 5:30-7PM <i>Keith</i>	Barbell Club 5:30-7PM <i>Keith</i>	Barbell Club 5:30-7PM <i>Keith</i>		



WOD: Workout of the Day
See Reverse for details.

CrossFit Fitness WOD Level I:
Perfect for Beginners, Tests ALL Fitness Levels

CrossFit Performance WOD Level II:
Challenges ALL Fitness Levels

CrossFit Competition WOD Level III:
Elite Level WODs, See Coach for Details.

Session Pricing: For More Information contact CrossFit Coach and PT Director, Brad Clark 502-753-0999. Individual WODs are \$15 each for drop-ins.

Unlimited Monthly Passes for J-town Barbell Club or CrossFit are now ONLY \$69.99 month. J-town Barbell and CrossFit Jeffersontown Members receive a discounted membership to LAC.

All-access LAC Strong Memberships are \$30/month. Members receive a discounted membership to LAC. See reverse for details.