



# CrossFit Jeffersontown Schedule

9565 Taylorsville Rd. Louisville, KY 40299  
 Contact: Brad Clark , PT, L1, CPT  
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SCHEDULE EFFECTIVE 3/1/2020					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<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>10AM-11AM</b> <i>Kate</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-7PM</b> <i>Kate</i>	<b>Performance WOD</b> <b>Fitness WOD</b> <b>5:30PM-7PM</b> <i>Kate</i>	<b>Performance WOD</b> <b>Fitness WOD</b> <b>5:30PM-7PM</b> <i>Kate</i>	<b>Performance WOD</b> <b>Fitness WOD</b> <b>5:30PM-7PM</b> <i>Kate</i>		
<b>Barbell Club</b> <b>5:30-7PM</b> <i>Keith</i>	<b>Barbell Club</b> <b>5:30-7PM</b> <i>Keith</i>	<b>Barbell Club</b> <b>5:30-7PM</b> <i>Keith</i>	<b>Barbell Club</b> <b>5:30-7PM</b> <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.