



# NEW CROSSFIT CLASS SCHEDULE

BEGINS Monday, July 12, 2010

**Monday, Wednesday, Friday:** 6am - 7am; 9am-11am; 4pm-7pm

**Tuesday, Thursday:** 9am-11am; 4pm-6pm

**Saturday:** 9am-12pm

[altamontecrossfit@gmail.com](mailto:altamontecrossfit@gmail.com)

321-972-8928

Remember to visit the website at [www.altamontecrossfit.com](http://www.altamontecrossfit.com) for updates and appointment times outside of normal class hours if available. We will post all availability there. Should you have a special request, please contact us directly via email or phone to schedule accordingly. Thank you in advance!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6am	WOD		WOD		WOD	
7am						
8am						
9am	WOD	WOD	WOD	WOD	WOD	WOD
10am	WOD	WOD	WOD	WOD	WOD	WOD
11am						WOD
12pm						
1pm						
2pm						
3pm						
4pm	WOD	WOD	WOD	WOD	WOD	
5pm	WOD	WOD	WOD	WOD	WOD	
6pm	WOD		WOD		WOD	
7pm						
8pm						