

UPSTATE CROSSFIT SCHEDULE

	MON	TUE	WED	THUR	FRI	SAT
6:00	Class	future	Class	future	Class	
7:00	future	future	future	future	future	
9:00	Class	Class	Class	Class	Class	Class
4:15	Warriorfit	future	Warriorfit	Warriorfit		
4:30					Open Gym	
5:00	future	future	future	future		
6:00	Class	Class	Class	Class		
6:45	Class	Class	Class	Class		