Elite Athletic Development / CrossFit Arlington Heights / CrossFit Axis

Winter Class Schedule *revised 01.29.12*

Time	Monday			Tuesday			Wednesday			
	CFAH		*CFAX*	*CFAH*		*CFAX*	*CFAH*			*CFAX*
5 a.m.			MetCon			MetCon				S & P
5:30 a.m.	Sport Yoga	MetCon		S & P	CFW		CIRC Training	MetCon		
6 a.m.			S & P	Training Camp			New Athlete Orientation			MetCon
6:30 a.m.										
9:30 a.m.		S & P	MetCon		MetCon		Training Camp	S & P		MetCon
Noon						MetCon				
4:30 p.m.	Training Camp		Youth AD 4:15 pm				Training Camp		Youth AD 4:15 pm	
5:30 p.m.	Sport Yoga	MetCon		S & P	New Athlete Orientation		Sport Yoga	MetCon	CIRC Training	
6 p.m.			MetCon							S & P
6:30 p.m.	S & P		CIRC Training	Training Camp	MetCon		S & P	Training Camp		
7 p.m.		CFW							CFW	

Time	Thursday			Friday			Saturday				Sunday	
	CFAH		*CFAX*	*CFAH*		*CFAX*	*CFAH*			*CFAX*	*CFAH*	
5 a.m.			S & P			MetCon						
5:30 a.m.	S & P	CFW		MetCon								
6 a.m.						S & P						
6:30 a.m.												
7 a.m.							CFW	MetCon	Open Row	MetCon		
8 a.m.							Open Row	Training Camp	Advanced WOD	Free Trial		
9 a.m.							Free Trial	MetCon	CIRC Training	MetCon		
9:30 a.m.		MetCon		Training Camp	MetCon	S & P					Open Row	New Athlete Orientation
10:30 a.m.					CIRC Training		New Athlete Oriengation 10:15 am				CrossFit Boot Camp	Open Row
Noon			S & P									
4:30 p.m.					Training Camp							
5:30 p.m.	S & P			MetCon								
6 p.m.												
6:30 p.m.	MetCon	Training Camp		S & P	CFW							
7 p.m.												
7:30 p.m.			M & R									