



# Elite Athletic Development | CrossFit Arlington Heights

2014 Fall Class Schedule *Effective 09.01*

Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
<b>5 a.m.</b> CrossFit <i>Kate</i>	<b>5 a.m. - 6:30 p.m.</b> Strength & Conditioning <i>Jim</i>	<b>5 a.m.</b> CrossFit <i>Kate</i>	<b>5 a.m. - 6:30 a.m.</b> Strength & Conditioning <i>Jim</i>	<b>5 a.m.</b> CrossFit <i>Becky</i>	<b>Saturday</b>
<b>5:30 a.m.</b> CrossFit <i>Michelle</i>	<b>5:30 a.m.</b> CrossFit <i>Karen</i>	<b>5:30 a.m.</b> CrossFit <i>Michelle</i>	<b>5:30 a.m.</b> CrossFit <i>Karen</i>	<b>5:30 a.m.</b> CrossFit <i>Michelle</i>	<b>7 a.m.</b> CrossFit <i>Kate</i>
<b>Training Essentials</b> <i>Jim</i>		<b>Training Essentials</b> <i>Karen</i>		<b>Training Essentials</b> <i>Karen</i>	<b>CrossFit Women</b> <i>Becky</i>
<b>9:30 a.m.</b> CrossFit <i>Michelle</i>	<b>9:30 a.m.</b> Boot Camp <i>Becky</i>	<b>9:30 a.m.</b> CrossFit <i>Karen</i>	<b>9:30 a.m.</b> Boot Camp <i>Becky</i>	<b>9:30 a.m.</b> CrossFit <i>Becky</i>	<b>7 a.m. - 8:30 a.m.</b> Strength & Conditioning <i>Web</i>
<b>Noon</b> CrossFit <i>Jason</i>	<b>Noon</b> Strength & Conditioning <i>Becky</i>	<b>Noon</b> CrossFit <i>Karen</i>	<b>Noon</b> Strength & Conditioning <i>Becky</i>		<b>8 a.m.</b> Boot Camp <i>Jason</i>
<b>4:30 p.m.</b> Boot Camp <i>Jason</i>	<b>4:15 p.m.</b> Corporate Session <i>Karen</i>	<b>4:30 p.m.</b> Boot Camp <i>Jason</i>	<b>4:15 p.m.</b> Corporate Session <i>Kate</i>	<b>4:30 p.m.</b> Boot Camp <i>Karen</i>	<b>Mobility &amp; Recovery</b> <i>Becky</i>
<b>Open Gym</b>	<b>Open Gym</b>	<b>Open Gym</b>	<b>Open Gym</b>	<b>Open Gym</b>	<b>Open Gym</b>
<b>5:30 p.m.</b> CrossFit <i>Jason</i>	<b>5:30 p.m.</b> CrossFit <i>Kate</i>	<b>5:30 p.m.</b> CrossFit <i>Jason</i>	<b>5:30 p.m.</b> CrossFit <i>Becky</i>	<b>5:30 p.m.</b> CrossFit <i>Web</i>	<b>9 a.m.</b> CrossFit <i>Web</i>
<b>5:30 p.m. - 7 p.m.</b> Strength & Conditioning <i>Web</i>		<b>5:30 p.m. - 7 p.m.</b> Strength & Conditioning <i>Web</i>		<b>5:30 p.m. - 7 p.m.</b> Strength & Conditioning <i>Jason</i>	<b>Free Class</b> <i>Karen</i>
<b>6:30 p.m.</b> CrossFit <i>Jim</i>	<b>6:30 p.m.</b> CrossFit	<b>6:30 p.m.</b> CrossFit <i>Jim</i>	<b>6:30 p.m.</b> CrossFit <i>Becky</i>		<b>Sunday</b>
<b>Training Essentials</b> <i>Jason</i>	<b>Training Essentials</b> <i>Jim</i>	<b>Mobility &amp; Recovery</b> <i>Jason</i>	<b>Training Essentials</b> <i>Karen</i>		<b>9:30 a.m.</b> Boot Camp <i>Jim</i>
	<b>Free Class</b> <i>Karen</i>				<b>Competition Team</b>
<b>7 p.m.</b> CrossFit Women <i>Kristen</i>		<b>7 p.m.</b> CrossFit Women <i>Kristen</i>			