

COLORADO MOVEMENT COMPANY

SCHEDULE OF CLASSES

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	Sunday
5:00	Competitive Crossfit	Crossfit	Competitive Crossfit	Crossfit	Competitive Crossfit	Crossfit	Competitive Crossfit	Crossfit	Competitive Crossfit	Crossfit		
	(5-7)		(5-7)		(5-7)		(5-7)		(5-7)			
6:00		Crossfit		Crossfit		Crossfit		Crossfit		Crossfit		
		Future Program		Beg. Future Program		Future Program		Beg. Future Program		Future Program		
7:00	Open Gym		Open Gym		Open Gym		Open Gym		Open Gym		Yoga	Yoga
8:00	Open Gym		Open Gym		Open Gym		Open Gym		Open Gym		Crossfit	Crossfit
9:00	Legends		Legends		Legends		Legends		Legends		Gym Workout	Gym Workout
10:00	Legends		Legends		Legends		Legends		Legends			
11:00	Burn		Burn		Burn		Burn		Burn			
12:00	Burn	Open Gym	Burn	Open Gym	Burn	Open Gym	Burn	Open Gym	Burn	Open Gym		
1:00		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym		
2:00	Special Ops				Special Ops				Special Ops			
3:00												
4:00	Beg. Future Program	Open Gym	Future Program	Open Gym	Beg. Future Program	Open Gym	Future Program	Open Gym	Beg. Future Program	Open Gym		
5:00	Young Athlete	Low Impact	Young Athlete	Crossfit	Young Athlete	Low Impact	Young Athlete	Crossfit	Young Athlete	Low Impact		
	(5-6:30)		(5-6:30)		(5-6:30)		(5-6:30)		(5-6:30)			
6:00	Competitive Crossfit	Crossfit	Competitive Crossfit	Barbell Club	Competitive Crossfit	Crossfit	Competitive Crossfit	Barbell Club	Competitive Crossfit	Crossfit		
	(6-8)		(6-8)		(6-8)		(6-8)		(6-8)			
7:00		Crossfit		Crossfit		Crossfit		Crossfit		Crossfit		
		Open Gym		Open Gym		Open Gym		Open Gym		Open Gym		
8:00												