

Classes Schedule – Gold's Gym

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:00-07:00	Crossfit	Bootcamp	Mobility	Log Press	Powerlifting		
07:00-08:00	Bootcamp	Crossfit	Atlas Stones	Powerlfitng	Mobility		
08:00-09:00	Powerlfitng	Atlas Stones	Log Press	Bootcamp	Crossfit	Crossfit	
13:00-14:00						Mobility	Mobility
14:00-15:00	Atlas Stones	Log Press	Powerliftng	Mobliltiy	Bootcamp	Crossfit	Crossfit
15:00-16:00	Powerlifting	Atlas Stones	Log Press	Mobility	Crossfit	Bootcamp	Bootcamp
18:00-19:00	Bootcamp	Crossfit	Bootcamp	Crossfit	Bootcamp	Crossfit	
19:00-20:00	Crossfit	Bootcamp	Crossfit	Bootcamp	Crossfit	Bootcamp	
20:00-21:00	Mobility	Powerlifting	Atlas Stones	Log Press	Mobility	Powerliftng	