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Class Schedule

Check our website for class descriptions.

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>
9:00a - Speed & Power 9:00a - Cycle (60 min.)	5:30a - CrossFit 8:00a - 30/30 Fit 9:00a - CrossFit -- 4:00p - CrossFit 5:00p - CrossFit 5:30p - 30/30 Fit 6:00p - Olympic Lifting 7:00p - CrossFit	5:30a - CrossFit 7:00a - CrossFit 8:00a - RowFit 9:00a - CrossFit -- 4:00p - CrossFit 5:30p - 30/30 Fit 5:30p - CrossFit 7:00p - CrossFit	5:30a - CrossFit 7:00a - CrossFit 9:00a - CrossFit -- 4:00p - CrossFit 5:00p - CrossFit 5:30p - Cycle (60 min.) 6:00p - Olympic Lifting 6:00p - Speed & Power 7:00p - CrossFit
<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>OPEN GYM INFO:</u>
5:30a - CrossFit 8:00a - Yoga* 9:00a - CrossFit 12:00 - Kettle Bell Fusion -- 5:30p - 30/30 Fit 5:30p - CrossFit 7:00p - RowFit	5:30a - CrossFit 7:00a - CrossFit 8:00a - 30/30 Fit 9:00a - CrossFit -- 4:00p - CrossFit 5:00p - CrossFit	7:00a - CrossFit 8:00a - 30/30 Fit 8:00a - CrossFit 9:00a - CrossFit	5:30a - 11:00a 4:00p - 8:00p Monday - Friday 8:00a - 9:00a Sunday (space permitting) *NO Open Gym during Yoga Classes.