



Ute CrossFit Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 a.m.	WOD	WOD	WOD	WOD	WOD	
6:30 a.m.	WOD-Novice	WOD-Novice	WOD-Novice	WOD-Novice	WOD-Novice	
7:00 a.m.						WOD
8:00 a.m.	WOD		WOD		WOD	Intro's
9:00 a.m.						Open
10:00 a.m.						WOD
12:30 p.m.	WOD	WOD	WOD	WOD	WOD	
4:00 p.m.		WOD		WOD	Soccer WOD	
5:00	WOD	WOD	WOD	WOD	WOD	
5:50	WOD	WOD	WOD	WOD	WOD-Novice	
6:40	WOD-Novice	WOD-Novice	WOD-Novice	WOD-Novice	On-Ramp	
7:30	On-Ramp	Intro's	On-Ramp	Intro's		

KEY	<p>These are times for group WOD's. Due to increased class sizes, students must sign in online for classes. All WOD's are in a group format and led by a world class Strength and Conditioning Coach.</p>	<p>Saturdays the gym will be open from 9am til 10am. During this time anyone is welcome to do a WOD they may have missed during the week, or some extra strength work. Coach will be present.</p> <p>Friday at 4pm we have a special WOD time for a soccer team. This is not available for all members.</p>
------------	---	---