

CrossFit LEMAN

Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	06:00 to 07:30 Open Gym		06:00 to 07:30 Open Gym			
09:00 All Levels	09:00 All Levels	09:00 All Levels		09:00 All Levels	08:30 All Levels	08:30 to 11:30 Open Gym
10:00 Beginners	10:00 Beginners	10:00 Beginners		10:00 Beginners	9:30 All Levels	
11:00 Foundations I, II or III				11:00 Foundations I, II or III	10:30 Beginners	10:45 CF Kids 8+
			16:00 CF Kids			
		18:00 All Levels				
19:00 All Levels	19:00 Fundamentals of Powerlifting	19:00 All Levels	19:00 All Levels	19:00 All Levels		
20:00 Beginners	20:00 Foundations I, II or III	20:00 All Levels	20:00 Foundations I, II or III	20:00 Beginners		

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