

CFATL SUMMER 2020 Class Schedule

	MON	TUES	WED	THUR	FRI	SAT
5:30 AM	CROSSFIT LAUNCH	CROSSFIT LAUNCH	CROSSFIT LAUNCH	CROSSFIT LAUNCH	CROSSFIT LAUNCH	
6:30 AM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
7:30 AM	LAUNCH	LAUNCH	LAUNCH	LAUNCH	LAUNCH	
8:30 AM	OPEN ACCESS	OPEN ACCESS	OPEN ACCESS	OPEN ACCESS	OPEN ACCESS	CROSSFIT LAUNCH
9:30 AM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT
10:30 AM	OPEN ACCESS	OPEN ACCESS	OPEN ACCESS	OPEN ACCESS	OPEN ACCESS	CROSSFIT
12:00 PM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	
1:00 PM						
2:00 PM	OPEN ACCESS	OPEN ACCESS	OPEN ACCESS	OPEN ACCESS	OPEN ACCESS	
3:00 PM						
4:30 PM	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT	CROSSFIT LAUNCH	
5:30 PM	CROSSFIT LAUNCH	CROSSFIT LAUNCH	CROSSFIT LAUNCH	CROSSFIT LAUNCH	CROSSFIT BUILD	
6:30 PM	CROSSFIT BUILD	CROSSFIT	CROSSFIT BUILD	CROSSFIT		
7:30 PM	LAUNCH	LAUNCH	LAUNCH	LAUNCH		