

Class Schedule
 (Effective as of August 4, 2014)

KillBox CrossFit Weekly Schedule						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5-6 a.m. WOD	5-6 a.m. WOD	5-6 a.m. WOD	5-6 a.m. WOD	5-6 a.m. WOD	
	6-7 a.m. WOD	6-7 a.m. WOD	6-7 a.m. WOD	6-7 a.m. WOD	6-7 a.m. WOD	
	8:30-9:30 a.m. WOD	8:30-9:30 a.m. WOD	8:30-9:30 a.m. WOD	8:30-9:30 a.m. WOD	8:30-9:30 a.m. WOD	
						8:30-9:30 a.m. Free Intro (By Appointment Only.)
						9:30-10:30 a.m. Open Box (Counts as one of your visits!)
						10:30-11:30 a.m. Open Box (Counts as one of your visits!)
	4-5 p.m. WOD	No Class	4-5 p.m. WOD	4-5 p.m. WOD	No Class	
	5-6 p.m. WOD	5-6 p.m. WOD	5-6 p.m. WOD	5-6 p.m. WOD	5-6 p.m. WOD	
	6-7 p.m. WOD	6-7 p.m. WOD	6-7 p.m. WOD	6-7 p.m. WOD	6-7 p.m. WOD	
	7-8 p.m. On-Ramp	7-7:30 p.m. Masters	7-8 p.m. On-Ramp	7-7:30 p.m. Masters	7-8 p.m. On-Ramp	