

CrossFit Whittier Schedule

CFW	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30 AM	CrossFit	Burn	CrossFit	Burn	CrossFit			
6:30 AM							Burn 7AM	
7:30 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		Olympic Lifting 8AM	Burn 8AM
8:30 AM	StrongFit	Burn	StrongFit	Burn	CrossFit		CrossFit 9AM	CrossFit 9AM
9:30 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		CF Kids 10AM	
10:30 AM								
11:30 AM								
12:30 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit			
1:30 PM								
2:30 PM								
3:30 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit			
4:30 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit			
5:30 PM	StrongFit	CrossFit	CrossFit Kids	StrongFit	CrossFit		CrossFit Kids	CrossFit
6:30 PM	CrossFit	Burn	CrossFit	Burn	Gymnasty		CrossFit	
7:30 PM	CrossFit	StrongFit	CrossFit	StrongFit	CrossFit			
8:30 PM	CrossFit	CrossFit	CrossFit	CrossFit				