

CrossFit Whittier Schedule

CFW	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM		CrossFit 5:30AM KY	Burn 5:30AM KY	CrossFit 5:30AM KY	Burn 5:30AM KY	CrossFit 5:30AM KY	
6:30 AM		BURN 6:30AM KY	BURN 6:30AM KY	BURN 6:30AM KY	BURN 6:30AM KY	BURN 6:30AM KY	
7:30 AM	Burn 7AM MARI	CrossFit 7:30AM SIGI	CrossFit 7:30AM SIGI	CrossFit 7:30AM SIGI	CrossFit 7:30AM SIGI	CrossFit 7:30AM SIGI	Burn 7AM STEPH/KY
8:30 AM	Burn 8AM MARI	StrongFit 8:30AM STEVEN	Burn 8:30AM STEVEN	StrongFit 8:30AM STEVEN	Burn 8:30AM STEVEN	CrossFit 8:30AM STEVEN	CF 8 YVETTE
9:30 AM	CrossFit 9AM GABE	CrossFit 9:30AM SIGI	CrossFit 9:30AM SIGI	CrossFit 9:30AM SIGI	CrossFit 9:30AM SIGI	CrossFit 9:30AM SIGI	CROSSFIT 9AM LOBOS
10:30 AM	CrossFit 10AM GABE						CFK 10AM GABE
11:30 AM							CrossFit 11AM SIGI
12:30 PM		CrossFit 12:30PM ERICK	CrossFit 12:30PM ERICK	CrossFit 12:30PM ERICK	CrossFit 12:30PM ERICK	CrossFit 12:30PM ERICK	
1:30 PM							
2:30 PM							
3:30 PM		CrossFit 3:30 PM YVETTE	CrossFit 3:30 PM YVETTE	CrossFit 3:30 PM YVETTE	CrossFit 3:30 PM YVETTE	CrossFit 3:30 PM YVETTE	
4:30 PM		CrossFit 4:30 PM NAYELI	CrossFit 4:30 PM NAYELI	CrossFit 4:30 PM NAYELI	CrossFit 4:30 PM NAYELI	CrossFit 4:30PM NAYELI	
5:30 PM		StrongFit 5:30PM LOBOS	CrossFit 5:30 LOBOS	StrongFit 5:30PM LOBOS	CrossFit 5:30 LOBOS	CrossFit 5:30PM LOBOS	
6:30 PM		CrossFit 6:30 PM NAYELI	Burn 6:30PM NAYELI	CrossFit 6:30 PM NAYELI	Burn 6:30PM NAYELI	CrossFit 6:30 PM NAYELI	
7:30 PM		CrossFit 7:30 PM YVETTE	StrongFit 7:30 PM YVETTE	CrossFit 7:30 PM YVETTE	StrongFit 7:30PM YVETTE	CrossFit 7:30 PM	
8:30 PM		CrossFit 8:30 PM LOBOS	CrossFit 8:30 PM LOBOS	CrossFit 8:30 PM LOBOS	CrossFit 8:30 PM LOBOS		

OLY 8  
SIGI

GYM  
LOBOS

CFK  
GABE

CFK  
GABE