



MAY 2014 SCHEDULE

296 S. State Street.
La Verkin Utah
crossfitblackridge@gmail.com

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am	CrossFit WOD	CrossFit WOD	CrossFit WOD	CrossFit WOD	CrossFit WOD	
6:00am	CrossFit WOD	CrossFit WOD	CrossFit WOD	CrossFit WOD	CrossFit WOD	<u>7am</u> FREE CLASS CrossFit WOD
6:00am Group X		Yoga Leslie Reeve				<u>8am</u> FREE CLASS CrossFit WOD
7:00am	CrossFit WOD	CrossFit WOD	CrossFit WOD	CrossFit WOD	CrossFit WOD	
9:30am	CrossFit WOD	CrossFit WOD	CrossFit WOD	CrossFit WOD	CrossFit WOD	
9:30am Group X	Insanity Becky Seymour	Boot Camp Amber Farmer	Zumba TY Clark	Yoga Leslie Reeve	Dance Burn Leesha Jones	
10:30am	CrossFit WOD	CrossFit WOD	CrossFit WOD	CrossFit WOD	CrossFit WOD	
4:30pm	CrossFit WOD	CrossFit WOD	CrossFit WOD	CrossFit WOD	CrossFit WOD	
5:30pm	CrossFit WOD	CrossFit WOD	CrossFit WOD	CrossFit WOD	CrossFit WOD	
6:30pm	CrossFit WOD	CrossFit S-WOD STRENGTH	CrossFit WOD	CrossFit S-WOD STRENGTH	<div style="border: 1px solid black; padding: 10px;"> Babysitters will be in the Day Care room: 9:30am, 10:30am 4:30pm, 5:30pm </div>	
7:30pm	CrossFit GIRL'S NIGHT OUT!!!					
8:30pm		8:15 Dance Burn Leesha Jones	Insanity Becky Seymour			