

MARCH 2025 CROSSFIT SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 830AM: ANGELA & CHAD
2	3 5AM: ANGELA & STACY 9AM: ANGELA & CHAD 12PM: ANGELA 6PM: ANGELA & CHAD	4 5AM: ANGELA & CHAD 9AM: ANGELA & CHAD 12PM: ANGELA 6PM: ANGELA & STACY	5 5AM: ANGELA & STACY 9AM: ANGELA & CHAD 12PM: ANGELA 6PM: ANGELA & CHAD	6 5AM: ANGELA & CHAD 9AM: ANGELA & CHAD 12PM: ANGELA 6PM: ANGELA & STACY	7 OPEN GYM 8AM-10AM ANGELA & STACY 4PM-6PM ANGELA & CHAD	8 830AM: ANGELA & CHAD
9	10 5AM: ANGELA & STACY 9AM: ANGELA & CHAD 12PM: ANGELA 6PM: ANGELA & CHAD	11 5AM: ANGELA & CHAD 9AM: ANGELA & CHAD 12PM: ANGELA 6PM: ANGELA & STACY	12 5AM: ANGELA & STACY 9AM: ANGELA & CHAD 12PM: ANGELA 6PM: ANGELA & CHAD	13 5AM: ANGELA & CHAD 9AM: ANGELA & CHAD 12PM: ANGELA 6PM: ANGELA & STACY	14 OPEN GYM 8AM-10AM ANGELA & CHAD 4PM-6PM ANGELA & STACY	15 830AM: ANGELA & STACY
16	17 5AM: ANGELA & STACY 9AM: ANGELA & CHAD 12PM: ANGELA 6PM: ANGELA & CHAD	18 5AM: ANGELA & CHAD 9AM: ANGELA & CHAD 12PM: ANGELA 6PM: ANGELA & STACY	19 5AM: ANGELA & STACY 9AM: ANGELA & CHAD 12PM: ANGELA 6PM: ANGELA & CHAD	20 5AM: ANGELA & CHAD 9AM: ANGELA & CHAD 12PM: ANGELA 6PM: ANGELA & STACY	21 OPEN GYM 8AM-10AM ANGELA & CHAD 4PM-6PM ANGELA & CHAD	22 830AM: ANGELA & CHAD
23	24 5AM: ANGELA & STACY 9AM: ANGELA & CHAD 12PM: ANGELA 6PM: ANGELA & CHAD	25 5AM: ANGELA & CHAD 9AM: ANGELA & CHAD 12PM: ANGELA 6PM: ANGELA & STACY	26 5AM: ANGELA & STACY 9AM: ANGELA & CHAD 12PM: ANGELA 6PM: ANGELA & CHAD	27 5AM: ANGELA & CHAD 9AM: ANGELA & CHAD 12PM: ANGELA 6PM: ANGELA & STACY	28 OPEN GYM 8AM-10AM ANGELA & CHAD 4PM-6PM ANGELA & STACY	29 830AM: ANGELA & STACY
30	31 5AM: ANGELA & STACY 9AM: ANGELA & CHAD 12PM: ANGELA 6PM: ANGELA & CHAD					