



CLASS SCHEDULE

Monday, 7/29

- 7:00am-8:30am SUP Yoga with Suki and Brady
- 9:00am-10:00am CrossFit with Kevin O.
- 12:30pm-1:00pm BodyWork with Kevin O.
- 4:30pm-5:30pm *PRIVATE* CrossFit Affiliate Workout
- 6:00pm-7:30pm Open Water Swim Clinic with Blake

Tuesday, 7/30

- 7:00am-8:00am Yoga with Alexa
- 9:00am-10:30am SUP Fitness with Kevin J. and Dean
- 11:00am-12:00pm GymFit with Pat
- 12:30pm-1:00pm BodyWork with Kevin O.
- 3:00pm-4:00pm PKFit with Peter
- 5:00pm-6:00pm CrossFit with Kevin O.
- 6:30pm-7:30pm GymFit with Pat

Wednesday, 7/31

- 7:00am-8:00am Yoga with Stephen
- 8:15am-8:45am CXWORX with Mari
- 9:00am-10:00am PKFit with Peter
- 11:00am-12:00pm GymFit with Pat
- 12:30pm-1:00pm BodyWork with Kevin O.
- 3:00pm-4:00pm Barre Code with Kellian
- 5:00pm-6:00pm CrossFit with Kevin O.
- 6:30pm-7:30pm *PRIVATE* CrossFit Affiliate Workout

Thursday, 8/1

- 7:00am-8:30am SUP Yoga with Suki and Brady
- 9:00am-10:00am PKFit with Peter
- 11:00am-12:00pm *PRIVATE* Camp Wingra Girls Do it All Workout
- 12:30pm-1:00pm BodyWork with Kevin O.
- 2:30pm-3:15pm *PRIVATE* Bay View Community Center Workout Group 1
- 3:15pm-4:00pm *PRIVATE* Bay View Community Center Workout Group 2
- 4:45pm-7:30pm First Responder 400

Friday, 8/2

- 7:00am-8:00am Yoga with Amanda
- 8:15am-8:45am CXWORX with Mari
- 9:00am-10:00am CrossFit with Kevin O.
- 11:00am-12:00pm Barre Code with Kellian
- 12:30pm-1:00pm BodyWork with Kevin O.
- 2:00pm-3:00pm HIIT with Kenny
- 3:30pm-4:30pm *PRIVATE* Madison Police
- 5:00pm-6:30pm Celebrating the Female Athlete
- 6:30pm-7:00pm Celebrating the Female Athlete Class

Saturday, 8/3

- 7:00am-8:00am Yoga with Amanda
- 7:00am-8:30am Run & Swim Skill Development with Chris @ Brittingham Boats
- 8:15am-8:45am CXWORX with Mari
- 9:00am-10:00pm *PRIVATE* CrossFit Affiliate Workout
- 11:00am-12:00pm CrossFit with Kevin O.
- 12:30pm-1:30pm *PRIVATE* Navy Seal Foundation
- 3:00pm-4:00pm CrossFit with Kevin O.

Sunday, 8/4

- 7:00am-8:30am SUP Fitness with Kevin J. and Dean
- 9:00am-10:00am *PRIVATE* CrossFit Affiliate Workout
- 11:00am-12:00pm CrossFit with Kevin O.
- 12:30pm-1:00pm BodyWork with Kevin O.
- 3:00pm-4:00pm CrossFit with Kevin O.
- 6:30pm-7:30pm Yoga with Alexa

Monday, 8/5

- 7:00am-8:00am *PRIVATE* Yoga with Stephen for CrossFit athletes

