

## CR2%0SSFIT

JoinTheEpic.com

## **JANUARY 2024**

	MON		TUE V		VED		THU	FRI	
		1		2		3		4	5
	CLOSED	•	6:00AM 12PM	•	6:00AM 12PM	•	6:00AM 12PM		PARTNER WOD
	CLOSED	•	5:30PM	•	5:30PM		5:30PM		5:30-8:30PM
		•	6:30 PM	•	6:30 PM	•	6:30 PM		0.00 0.001
		8		9		10		11	12
•	6:00AM	•	6:00AM	•	6:00AM	•	6:00AM		BASELINS TESTING
•	12PM	•	12PM	•	12PM	•	12PM		& PARTNER WOD
•	5:30PM	•	5:30PM	•	5:30PM	•	5:30PM		5:30-8:30PM
	6:30 PM	•	6:30 PM	•	6:30 PM	•	6:30 PM		
		15		16		17		18	19
		•	6:00AM	•	6:00AM	•	6:00AM		NUTRITION
	CLOSED	•	12PM	•	12PM	•	12PM		SEMINAR &
		•	5:30PM	•	5:30PM	•	5:30PM		<b>PARTNER WOD</b>
		•	6:30 PM	•	6:30 PM	•	6:30 PM		5:30-8:30PM
		22		23		24		25	26
•	6:00AM	•	6:00AM	•	6:00AM	•	6:00AM		INTRO TO CF &
•	12PM	•	12PM	•	12PM	•	12PM		<b>PARTNER WOD</b>
•	5:30PM	•	5:30PM	•	5:30PM	•	5:30PM		5:30-8:30PM
<u>•</u>	6:30 PM	•	6:30 PM	•	6:30 PM	•	6:30 PM		
		29		30		21		1	2
•	6:00AM	•	6:00AM	•	6:00AM	•	6:00AM		
•	12PM	•	12PM	•	12PM	•	12PM		<b>PARTNER WOD</b>
•	5:30PM	•	5:30PM	•	5:30PM	•	5:30PM		5:30-8:30PM
•	6:30 PM	•	6:30 PM	•	6:30 PM	•	6:30 PM		

<sup>\*</sup>Schedule subject to change. Please visit jointheepic.com/crossfit2960/ for the most up to date schedule. Epic Members only, CrossFit Upgrade required. Maximum of 20 individuals per class. First come, first serve. Ages 14+