

# CrossFit Blue Sky

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Morning</b>							<b>Closed</b>
05:15 - 06:15	Crossfit		Crossfit / Hyrox		Crossfit		
05:30 - 06:30	Hiit	Crossfit / Hiit		Crossfit / Hiit	Hiit		
06:15 - 07:15	Crossfit		Crossfit		Crossfit		
07:00 - 08:00		Crossfit		Crossfit		Hyrox	
08:15 - 09:15	Hiit	Ladies CF	Hiit	Ladies CF	Hiit		
08:00 - 09:00						Spicy S.day	
09:00 - 10:00						Spicy S.day	
<b>Afternoon / Evening</b>							
12:15 - 13:00		Lunch-Class		Lunch-Class			
16:00 - 17:00							
17:00 - 18:00	Crossfit / Hiit	Crossfit / Hiit	Hiit	Crossfit / Hiit	Hyrox		
17:30 - 18:30			Crossfit				
18:00-19:00	Crossfit / Hyrox	Crossfit / Hiit	Hyrox	Crossfit / Hiit	Freaky Friday		
18:30 - 19:30			Crossfit				