

DogTown CrossFit 310-558-4496

Class Schedule as of November 1st, 2015

all classes are one hour

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am	5:30 am	5:30 am	5:30 am	5:30 am	5:30 am	9:00 am - Noon
Crossfit	_____	Crossfit	_____	Crossfit	_____	Open Gym
6:30 am	6:30 am	6:30 am	6:30 am	6:30 am	6:30 am	
Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	_____	_____
7:30 am	7:30 am	7:30 am	7:30 am	7:30 am	7:30 am	
Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	_____	_____
8:30 am	8:30 am	8:30 am	8:30 am	8:30 am	8:30 am	
Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	_____	_____
9:30 am	9:30 am	9:30 am	9:30 am	9:30 am	9:30 am	
Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Crossfit	Intro
10:30 am	10:30 am	10:30 am	10:30 am	10:30 am	10:30 am	
_____	_____	_____	_____	_____	Crossfit	_____
12:30 pm	12:30 pm	12:30 pm	12:30 pm	12:30 pm		
Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	_____	_____
4:30 pm	4:30 pm	4:30 pm	4:30 pm	4:30 pm		
Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	_____	_____
5:30 pm	5:30 pm	5:30 pm	5:30 pm	5:30 pm		
Crossfit	Crossfit	Crossfit	Crossfit	Crossfit	_____	_____
6:30 pm	6:30 pm	6:30 pm	6:30 pm	6:30 pm		
Crossfit	Intro	Crossfit	Intro	Crossfit	_____	_____
7:30 pm	7:30 pm	7:30 pm	7:30 pm	7:30 pm		
Crossfit	Olympic Lift	Gymnastics	Olympic Lift	Crossfit	_____	_____

CLASS GUIDE:

CrossFit (All Levels) – Designed for students of all levels who have completed an Introductory Class, and have been approved for open class.

Gymnastics – Focus on body weight movement, positioning, and advanced skills.

Olympic Lift – Focus on the Olympic Lifts including; Snatch, Clean, Jerk and exercises to improve these lifts.

Open Gym – Make up a workout you missed, or work on skills, etc. Use this time as you please, as long as you're productive and safe.

Intro to CrossFit – A free, one-time class for potential new members to try out CrossFit and our gym. Call or email to Schedule.