

CROSSFIT ARMED ZOOM SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Saturday
7:00AM	CrossFit with Coach K ID : 845 6352 4571		CrossFit with Coach K ID : 845 6352 4571		CrossFit with Coach K ID : 845 6352 4571	
8:00AM	CrossFit with Coach K ID: 865 2762 2812	CrossFit with Coach K ID: 865 2762 2812	CrossFit with Coach K ID: 865 2762 2812	CrossFit with Coach K ID: 865 2762 2812	CrossFit with Coach K ID: 865 2762 2812	
8:30AM						CrossFit with Coach K ID: 827 5641 1224
6:15PM	CrossFit with Coach K ID: 880 8127 1215	CrossFit with Coach K ID: 880 8127 1215	CrossFit with Coach K ID: 880 8127 1215	CrossFit with Coach K ID: 880 8127 1215	CrossFit with Coach K ID: 880 8127 1215	

**JOIN US M-F ON ZOOM FOR VIRTUAL CLASSES !
CLASSES ARE MEANT FOR ALL EXPERIENCE LEVELS. WORKOUT OPTIONS WITH EQUIPMENT OR
BODYWEIGHT.**

*SCHEDULE IS SUBJECT TO CHANGE