



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM CROSSFIT	6:00AM CROSSFIT	6:00AM CROSSFIT	6:00AM CROSSFIT	6:00AM CROSSFIT	8:00AM BOOTCAMP	
9:30AM CROSSFIT	9:30AM CROSSFIT	9:30AM CROSSFIT	9:30AM CROSSFIT	9:30AM CROSSFIT	9:00AM ON RAMP	11:00AM-1:00PM OPEN GYM
10:30AM BOOTCAMP	12:00PM CROSSFIT	10:30AM BOOTCAMP	12:00PM CROSSFIT	12:00PM CROSSFIT	10:00AM-12:00PM OPEN GYM	
12:00PM CROSSFIT	4:30PM CROSSFIT	12:00PM CROSSFIT	4:30PM CROSSFIT	4:30PM CROSSFIT		
4:30PM CROSSFIT	5:30PM CROSSFIT	4:30PM CROSSFIT	5:30PM CROSSFIT	5:30PM CROSSFIT		
5:30PM CROSSFIT	6:30PM CROSSFIT	5:30PM CROSSFIT	6:30PM CROSSFIT	6:30PM CROSSFIT		
6:30PM CROSSFIT		6:30PM CROSSFIT				
7:30PM ON RAMP		7:30PM ON RAMP				

www.lowrycrossfit.com

www.facebook.com/lowrycrossfit

Christian@lowrycrossfit.com

Questions? Please contact Christian @ 303.803.8537.