



# WESTRIDGE CROSSFIT SCHEDULE

| MONDAY                                 | TUESDAY                                    | WEDNESDAY                              | THURSDAY                                   | FRIDAY                                 | SATURDAY                         | SUNDAY                                       |
|----------------------------------------|--------------------------------------------|----------------------------------------|--------------------------------------------|----------------------------------------|----------------------------------|----------------------------------------------|
|                                        | 5:00-6:00a.m.<br>CrossFit Class            | 5:00-6:00a.m.<br>CrossFit Class        | 5:00-6:00a.m.<br>CrossFit Class            |                                        |                                  |                                              |
| 6:00-7:00a.m.<br>CrossFit Class        | 6:00-7:00a.m.<br>CrossFit Class            | 6:00-7:00a.m.<br>CrossFit Class        | 6:00-7:00a.m.<br>CrossFit Class            | 6:00-7:00a.m.<br>CrossFit Class        |                                  |                                              |
| 7:00-8:00a.m.<br>CrossFit Class        |                                            | 7:00-8:00a.m.<br>CrossFit Class        | 7:00-8:00a.m.<br>CrossFit Class            | 7:00-8:00a.m.<br>CrossFit Class        |                                  |                                              |
| 9:00-10:00a.m.<br>CrossFit Class       | 9:00-10:00a.m.<br>CrossFit Class           | 9:00-10:00a.m.<br>CrossFit Class       | 9:00-10:00a.m.<br>CrossFit Class           | 9:00-10:00a.m.<br>CrossFit Class       | 9:00-10:00a.m.<br>CrossFit Class |                                              |
| 10:15-11:00a.m.<br><b>TRX-Group Ex</b> | 10:15-11:00a.m.<br><b>TRX-Group Ex</b>     | 10:15-11:00a.m.<br><b>TRX-Group Ex</b> | 10:15-11:00a.m.<br><b>TRX-Group Ex</b>     | 10:15-11:00a.m.<br><b>TRX-Group Ex</b> |                                  | Check App for<br>Dates & Times               |
| 4:30-5:15p.m.<br><b>Teen Strength</b>  | 11:15a.m.-12:00p.m.<br><b>LIFTMOR-PAID</b> |                                        | 11:15a.m.-12:00p.m.<br><b>LIFTMOR-PAID</b> | 5:00-6:00p.m.<br>CrossFit Class        |                                  |                                              |
| 6:00-7:00p.m.<br>CrossFit Class        | 6:00-7:00p.m.<br>CrossFit Class            | 6:00-7:00p.m.<br>CrossFit Class        |                                            |                                        |                                  | Westridge CF<br>Open Gym ON-<br>LY available |

**All classes require reservations or are subject to being cancelled.  
Please sign up for class using the YMCA of WNC app.**