



Shelton Weekly Schedule

	MON	TUES	WED	THURS	FRI	SAT	SUN
5:00 AM	CrossFit*	CrossFit*	CrossFit*	CrossFit*	CrossFit*		
6:00 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
7:00 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
8:30 AM	On-Ramp		On-Ramp		On-Ramp		
9:30 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	
10:00 AM							CrossFit
10:30 AM						Free Trial**	
11:00 AM							Barbell Club
11:00 AM							Kong Kids
12:00 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
4:30 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
5:30 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
5:30 PM			Kong Kids				
6:30 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
6:30 PM	On-Ramp	On-Ramp		On-Ramp			

* First class of the day must be signed into by 10pm the night prior. Must have at least 1 signed up to be held.

**Alternate Free Trial sessions are available upon request and availability. Alternate On-Ramp Times are available to groups of 4 or more.