



WESTRIDGE CROSSFIT SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:00-6:00a.m. Westridge CF Class Coach Mandy		5:00-6:00a.m. Westridge CF Class Coach Mandy			
6:00-7:00a.m. Westridge CF Class Coach Kevin	6:00-7:00a.m. Westridge CF Class Coach Mandy	6:00-7:00a.m. Westridge CF Class Coach Kevin	6:00-7:00a.m. Westridge CF Class Coach Mandy	6:00-7:00a.m. Westridge CF Class Coach Kevin		
7:00-8:00a.m. Westridge CF Class Coach Kevin		7:00-8:00a.m. Westridge CF Class Coach Kevin		7:00-8:00a.m. Westridge CF Class Coach Kevin		
<i>*8:00-9:00am</i> HIIT Foundations Coach Mandy	8:00-9:00a.m. Westridge CF Class Coach Mandy	<i>*8:00-9:00am</i> HIIT Foundations Coach Mandy	8:00-9:00a.m. Westridge CF Class Coach Mandy			
9:00-10:00a.m. Westridge CF Class Coach Mandy		9:00-10:00a.m. Westridge CF Class Coach Mandy		9:00-10:00a.m. Westridge CF Class Coach Mandy	9:00-10:00a.m. Westridge CF Class Coach Elizabeth	
<i>10:15-11:00a.m.</i> TRX-Group Ex	<i>10:15-11:00a.m.</i> TRX-Group Ex	<i>10:15-11:00a.m.</i> TRX-Group Ex	<i>10:15-11:00a.m.</i> TRX-Group Ex	<i>10:15-11:00a.m.</i> TRX-Group Ex		
	12:00-1:00p.m. Westridge CF Class Coach Mandy		12:00-1:00p.m. Westridge CF Class Coach Mandy			
6:00-7:00p.m. Westridge CF Class Coach Kevin	6:00-7:00p.m. Westridge CF Class Coach Elizabeth	6:00-7:00p.m. Westridge CF Class Coach Elizabeth	6:00-7:00p.m. Westridge CF Class Coach Kevin	5:00-6:00p.m. Westridge CF Class Coach Elizabeth		Westridge CF Open Gym ONLY available when no classes

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