

The Maker's Body CrossFit Class Schedule

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Your 1st Week Is FREE!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	6am CrossFit/ Boot Camp**	6am CrossFit/ Boot Camp**	6am CrossFit/ Boot Camp**	6am CrossFit/ Boot Camp**	6am CrossFit/ Boot Camp**		
6:30am							
7:00am	7am CrossFit/ Boot Camp**	7am CrossFit/ Boot Camp**	7am CrossFit/ Boot Camp**	7am CrossFit/ Boot Camp**	7am CrossFit/ Boot Camp**		
7:30am							
8:00am							
8:30am						8:30am Boot Camp	
9:00am							
9:30am							
10:00am	9:30am CrossFit	9:30am CrossFit	9:30am CrossFit	9:30am CrossFit	9:30am CrossFit	9:30am CrossFit	10am Olympic Lifting*
10:30am							
11:00am						11am CrossFit	
11:30am	11:30am CrossFit	11:30am CrossFit	11:30am CrossFit	11:30am CrossFit	11:30am CrossFit		
12:00pm						12pm Foundations 3, 6, 9, 12	
12:30pm							
1:00pm							
1:30pm	1:30pm Foundations 1, 4, 7, 10		1:30pm Foundations 2, 5, 8, 11		1:30pm Foundations 3, 6, 9, 12		
2:00pm							
2:30pm	2:30-4:30pm Open Gym*		2:30-4:30pm Open Gym*		2:30-4:30pm Open Gym*		
3:00pm							
3:30pm							
4:00pm							
4:30pm	4:30pm CrossFit	4:30pm CrossFit	4:30pm CrossFit	4:30pm CrossFit	4:30pm CrossFit		
5:00pm							
5:30pm	5:30pm CrossFit	5:30pm CrossFit	5:30pm CrossFit	5:30pm Olympic Lifting*	5:30pm CrossFit		
6:00pm							
6:30pm	6:30pm CrossFit	6:30pm Boot Camp	6:30pm CrossFit	6:30pm Boot Camp	6:30pm CrossFit		
7:00pm							
7:30pm	7:30pm CrossFit	7:30pm CrossFit	7:30pm CrossFit	7:30pm CrossFit		7:30pm Foundations 3, 6, 9, 12	
8:00pm							
8:30pm	8:30pm Foundations 1, 4, 7, 10	8:30pm Foundations 1, 4, 7, 10	8:30pm Foundations 2, 5, 8, 11	8:30pm Foundations 2, 5, 8, 11			
9:00pm							
9:30pm							

*Open Gym and Olympic Lifting are only available for members with an unlimited membership.

**Boot Camp classes run M-F at 6am or 7am on a rotation with CrossFit classes, every T, Th at 6:30pm and every Sat at 8:30am (see online schedule for exact days and times)

The 12 Foundations classes run every 4 weeks, i.e. week 1: 1, 2, 3; week 2: 4, 5, 6; week 3: 7, 8, 9 and week 4: 10, 11, 12

Week 1: Foundations 1 (M, T), Foundations 2 (W, Th) and Foundations 3 (F, Sat)

Week 2: Foundations 4 (M, T), Foundations 5 (W, Th) and Foundations 6 (F, Sat)

Week 3: Foundations 7 (M, T), Foundations 8 (W, Th) and Foundations 9 (F, Sat)

Week 4: Foundations 10 (M, T), Foundations 11 (W, Th) and Foundations 12 (F, Sat)