

COMPLETE FITNESS
CF2
EST. 2011
BLACKLICK, OH

CROSSFIT / HYROX
Year Round
SCHEDULE

	5A	6A	9A	12P	3:30P	4:30P	5:30P	6:30P
MON	5A	6A	9A	12P	3:30P	4:30P	5:30P	6:30P
TUE	5A	6A	9A		3:30P	4:30P Youth	5:30P	6:30P
WED	5A	6A	9A	12P	3:30P	4:30P	5:30P	6:30P
THUR	5A	6A	9A		3:30P	4:30P Youth	5:30P	6:30P
FRI	5A	6A	9A	12P	3:30P	4:30P	5:30P	
SAT	7:30A	8:30A						
SUN	8:30A Endurance							