

CrossFit Intensify Mohawk

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 AM	CrossFit and Beginners Challenge	CrossFit	CrossFit and Beginners Challenge	CrossFit and Beginners Challenge	CrossFit
6:30 AM	CrossFit and Beginners Challenge	CrossFit	CrossFit and Beginners Challenge	CrossFit and Beginners Challenge	CrossFit
7:30 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit
8:30 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit
9:30 AM	CrossFit ¹	CrossFit ¹	CrossFit ¹	CrossFit ¹	CrossFit ¹
12:00 PM	Beginners Challenge		Beginners Challenge	Beginners Challenge	
2:30 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit
3:30 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit
4:30 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit
5:30 PM	CrossFit and Beginners Challenge	CrossFit	CrossFit and Beginners Challenge	CrossFit, Yogility⁴ and Beginners Challenge	CrossFit and Competition⁵
6:30 PM	CrossFit and Beginners Challenge	CrossFit	CrossFit and Beginners Challenge	CrossFit and Beginners Challenge	

	Saturday	Sunday
8:00 AM	Bring-a-Friend Free Partner WOD ²	CFI Oly Club ³
9:00 AM	Bring-a-Friend Free Partner WOD ²	
10:00 AM	Bring-a-Friend Free Partner WOD ²	Sunday Hero WOD! ⁶
11:00 AM		

Schedule is subject to change. Please see crossfitintensify.com/blog for details.

Questions? Please call 541-600-7668 or email contact@crossfitintensify.com.

All Classes are 45 minutes to an hour.

Please Note:

¹ CrossFit Intensify members volunteer to offer child care during the 9:30 am class! They'll watch your kid while you workout!

² Members can bring a friend new to CrossFit for free on Saturdays. It's a great way to introduce someone to CrossFit!

³ Oly Club is 2 hours with an option to attend only the 1st hour. Oly Club is open and FREE for all members of CFI.

⁴ Join us for a special Yoga and Mobility class led by Coach Kristen! Yogility is open and FREE for all members of CFI.

⁵ Team CFI's competitors meet for a competition training session. Please contact us if you are interested in competing.

⁶ Sundays at 10:00 am we will host a new Hero workout to honor America's fallen heroes!

CrossFit Intensify West

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit
6:30 AM	Beginners Challenge	CrossFit	Beginners Challenge	Beginners Challenge	CrossFit
9:30 AM	CrossFit ¹	CrossFit ¹	CrossFit ¹	CrossFit ¹	CrossFit ¹
12:30 PM	CrossFit		CrossFit		CrossFit
4:30 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit
5:30 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit
6:30 PM	CrossFit	CrossFit	CrossFit	CrossFit	
7:30 PM	Beginners Challenge		Beginners Challenge	Beginners Challenge	

	Saturday	Sunday
8:00 AM	Bring-a-Friend Free Partner WOD ²	Closed (Oly Club at Mohawk!)
9:00 AM	Bring-a-Friend Free Partner WOD ²	Closed (Hero WOD at Mohawk!)

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Open gym times available upon request. Please contact us for info!