

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, Yogility ⁴ and Beginners Challenge | CrossFit and Competition ⁵ |
| 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 | 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!