

CrossFit Intensify Mohawk (Springfield)

	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	BURN ^{1,2}	CrossFit ¹	BURN ^{1,2}	CrossFit ¹	BURN ^{1,2}
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 ³ and Beginners Challenge	CrossFit and Competition ⁴
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 ⁵	
9:00 AM	Bring-a-Friend Free Partner WOD ⁵	CFI Oly Club ⁶
10:00 AM	Bring-a-Friend Free Partner WOD ⁵	Sunday Hero WOD! ⁷

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

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

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

² BURN focuses on body-weight circuit training (less weightlifting, more cardio, core and muscle toning). BURN is FREE for CrossFit members. Ask us about BURN memberships & punch cards too.

³ Yogility = Yoga + Mobility! Classes are FREE for CrossFit members.

⁴ Team CFI's competitors meet for a competition training session. Please contact us if you are interested in competing.

⁵ Members can bring a friend new to CrossFit for free on Saturdays. It's a great way to introduce someone to CrossFit!

⁶ Oly Club is 2 hours with an option to attend only the 1st hour. Oly Club is FREE for all CrossFit members. New lifters welcome!

⁷ A special workout dedicated to a member of the armed services or first responders who have lost their lives in the line of duty.

CrossFit Intensify West (Eugene)

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit
6:30 AM	Beginners Challenge	CrossFit	Beginners Challenge	Beginners Challenge	CrossFit
8:30 AM	BURN ¹		BURN ¹		BURN ¹
9:30 AM	CrossFit ²	CrossFit ²	CrossFit ²	CrossFit ²	CrossFit ²
12:30 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit
3:30 PM					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 ³	Closed (Oly Club at Mohawk!)
9:00 AM	Bring-a-Friend Free Partner WOD ³	Closed (Hero WOD at Mohawk!)

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Open gym times available upon request.
Please contact Coach Colin at 541-601-2142 for info.