

# 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 <sup>1,2</sup>	CrossFit <sup>1</sup>	BURN <sup>1,2</sup>	CrossFit <sup>1</sup>	BURN <sup>1,2</sup>
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, <b>Yogility</b> <sup>3</sup> and Beginners Challenge	CrossFit and Competition <sup>4</sup>
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 <sup>5</sup>	CFI Oly Club <sup>6</sup>
9:00 AM	Bring-a-Friend Free Partner WOD <sup>5</sup>	
10:00 AM	Bring-a-Friend Free Partner WOD <sup>5</sup>	Sunday Hero WOD! <sup>7</sup>
11:00 AM		

Schedule is subject to change. Please see [crossfitintensify.com/blog](http://crossfitintensify.com/blog) for details.

Questions? Please call 541-600-7668 or email [contact@crossfitintensify.com](mailto:contact@crossfitintensify.com).

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

<sup>2</sup> BURN focuss 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.

<sup>3</sup> Yogility = Yoga + Mobility! Classes are FREE for CrossFit members.

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

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

<sup>6</sup> 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!

<sup>7</sup> 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 <sup>1</sup>		BURN <sup>1</sup>		BURN <sup>1</sup>
9:30 AM	CrossFit <sup>2</sup>	CrossFit <sup>2</sup>	CrossFit <sup>2</sup>	CrossFit <sup>2</sup>	CrossFit <sup>2</sup>
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 <sup>3</sup>	Closed (Oly Club at Mohawk!)
9:00 AM	Bring-a-Friend Free Partner WOD <sup>3</sup>	Closed (Hero WOD at Mohawk!)

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<sup>2</sup> CrossFit Intensify members volunteer to offer child care during the 9:30 am class! They'll watch your kid while you workout!

<sup>3</sup> Members can bring a friend new to CrossFit for free on Saturdays. It's a great way to introduce someone to CrossFit!

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