

CrossFit Intensify Mohawk (Springfield)

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit
6:30 AM	CrossFit <u>and</u> Beginner Class	CrossFit <u>and</u> Beginner Class	CrossFit	CrossFit <u>and</u> Beginner Class	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}
3:30 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit
4:30 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit
5:30 PM	CrossFit	CrossFit	CrossFit	CrossFit <u>and</u> Yogility ³	CrossFit
6:30 PM	CrossFit <u>and</u> Beginner Class	CrossFit <u>and</u> Beginner Class	CrossFit	CrossFit <u>and</u> Beginner Class	

	Saturday	Sunday
8:00 AM	Bring-a-Friend Free Partner WOD ⁴	
9:00 AM	Bring-a-Friend Free Partner WOD ⁴	CFI Oly Club ⁵
10:00 AM	Bring-a-Friend Free Partner WOD ⁴	Sunday Hero WOD ⁶

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

⁵ 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!

⁶ 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	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit
8:30 AM	Beginner Class		Beginner Class	Beginner Class	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	Beginner Class		Beginner Class	Beginner Class	

	Saturday	Sunday
8:00 AM	Bring-a-Friend Free Partner WOD ³	Closed
9:00 AM	Bring-a-Friend Free Partner WOD ³	Closed

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