

CrossFit Intensify Mohawk (Springfield)

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 AM	CrossFit <u>and</u> Beginner Class	CrossFit <u>and</u> Beginner Class	CrossFit	CrossFit <u>and</u> Beginner Class	CrossFit
6:30 AM	CrossFit	CrossFit	CrossFit	CrossFit	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
3:30 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit
4:30 PM	CrossFit / CFI Teen Athlete	CrossFit	CrossFit / CFI Teen Athlete	CrossFit	CrossFit
5:30 PM	CrossFit	CrossFit	CrossFit	CrossFit	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 ³	
9:00 AM	Bring-a-Friend Free Partner WOD ³	CFI Oly Club ⁴
10:00 AM	Bring-a-Friend Free Partner WOD ³	Sunday Hero WOD ⁵

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

⁴ Oly Club is FREE for all CrossFit members. New lifters welcome!

⁵ 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
9:30 AM	CrossFit ¹	CrossFit ¹	CrossFit ¹	CrossFit ¹	CrossFit ¹
12:30 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit
3:30 PM		CFI Teen Athlete		CFI Teen Athlete	CrossFit
4:30 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit
5:30 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit
6:30 PM	CrossFit	CrossFit	CrossFit	CrossFit	

	Saturday	Sunday
8:00 AM	Bring-a-Friend Free Partner WOD ²	Closed
9:00 AM	Bring-a-Friend Free Partner WOD ²	Open Gym 9-11AM

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