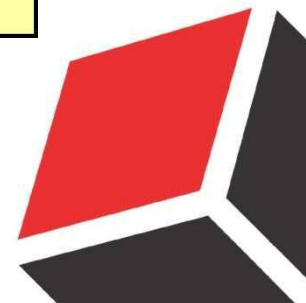


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CrossFit Dieppe Workout Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00 AM	Express	Express	Express	Express	Express			Class Descriptions Express Class 30 Min Class includes: Warm up & WOD Regular Class 60 Min Class includes: Warm-up, Strength/Skill WOD & Stretching Group WOD 60+ Min Class includes: Warm-Up, GWOD, Stretching Bootcamp - Warm-up, Bootcamp WOD, Stretching Open Gym 120 Mins open classe to practice skills, lifts, WODs
6:30 AM	Express	Express	Express	Express	Express			
7:00 AM	Regular Class	Regular Class	Regular Class	Regular Class	Regular Class			
8:00 AM	Regular Class	Regular Class	Regular Class	Regular Class	Regular Class	8:45 AM Group WOD		
9:00 AM	Regular Class	Regular Class	Regular Class	Regular Class	Regular Class	10:00 AM Bootcamp	10:00 AM - 12:00 PM Open Gym	
12:15 PM	Express	Express	Express	Express	Express			
4:00 PM	Regular Class	Regular Class	Regular Class	Regular Class				
5:00 PM	Regular Class	Regular Class	Regular Class	Regular Class	4:30 PM Regular Class			
6:00 PM	Regular Class	Regular Class	Regular Class	Regular Class	5:30 PM Regular Class			
7:00 PM	Regular Class	Regular Class	Regular Class	Regular Class				
8:00 PM	8:00 PM Bootcamp			8:00 PM Bootcamp				

****Note:** For holidays, please check CrossFit Dieppe member's Facebook page for Open Gym sessions or ask your trainer.



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