

CrossFit Rochester

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(585) 202-7295

Class Schedule	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am	5:00am CrossFit	5:00am CrossFit	5:00am CrossFit	5:00am CrossFit	5:00am CrossFit		
6am	6:00am CrossFit	6:00am CrossFit	6:00am CrossFit	6:00am CrossFit	6:00am CrossFit		
7am	7:15am CrossFit		7:15am CrossFit		7:15am CrossFit	7:00am CrossFit	
8am						8:00am CrossFit	
9am	9:00am CrossFit	9:00am CrossFit		9:00am CrossFit	9:00am CrossFit	9:00am CrossFit	9:00am CrossFit
10am							
11am							
Noon							
1pm							
2pm							
3pm	3:30 "Freshman" CF WOD		3:30 "Freshman" CF WOD		3:30 "Freshman" CF WOD		
4pm	4:30pm CrossFit	4:30pm CrossFit	4:30pm CrossFit	4:30pm CrossFit	4:30pm CrossFit		
5pm	5:30pm CF Kids (11-13)	5:30pm CF Kids (8-10)	5:30pm CF Kids (11-13)	5:30pm CF Kids (8-10)			
6pm	6:00pm CrossFit	6:00pm CrossFit	6:00pm CrossFit	6:00pm CrossFit			
7pm							

Fundamentals classes are set up by appointment. Call for availability or other times not shown.

Trial classes require sign up - call to reserve a spot.

"Freshman" classes for 8th and 9th grade athletes - call for details