

Time to train

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
0600	EarlyB. Sweat		EarlyB. Sweat				
1100						Team WOD	
1145	WOD	NoonExpress			WOD		
1630				Endurance			
1730	WOD	Endurance	WOD	Endurance	WOD		
1830	WOD	Endurance	WOD	Endurance	Strength		
1930	Strength	RX+	Strength				