



CROSSFIT SPOKANE

SUN	MON	TUES	WED	THURS	FRI	SAT
8AM	5AM	5AM	5AM	5AM	5AM	8AM
	6AM	6AM	6AM	6AM	6AM	9AM
	7AM	7AM	7AM	7AM	7AM	
	9AM	9AM	9AM	9AM	9AM	
	12PM	12PM	12PM	12PM	12PM	
	3:30PM	3:30PM	3:30PM	3:30PM	3:30PM	
	4:30PM	4:30PM	4:30PM	4:30PM	4:30PM	
	5:30PM	5:30PM	5:30PM	5:30PM	5:30PM	
	6:30PM	6:30PM	6:30PM	6:30PM		