



# WEEKLY SCHEDULE

RADON CROSSFIT NORFOLK, VA

## CROSSFIT

6:00AM – 7:00AM	MON - FRI
7:00AM – 8:00AM	MON - FRI
8:00AM – 9:00AM	MON - FRI
9:00AM – 10:00AM	SAT
10:00AM – 11:00AM	SAT
12:00PM – 1:00PM	MON - FRI
4:00PM – 5:00PM	MON - FRI
5:00PM – 6:00PM	MON - FRI
6:00PM – 7:00PM	MON - FRI
7:00PM – 8:00PM	MON - FRI

## OPEN GYM

6:00AM – 8:00PM	MON - FRI
9:00AM – 12:00PM	SAT

## ACADEMY (Introductory Course)

6:00PM – 7:00PM	MON, WED, FRI
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