


CrossFit 234 Coaching Schedule

Updated: September 2023

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	ADAM	ADAM	ADAM	ADAM	ADAM		
8:30 AM	-NO CLASS-					ROTATE BETWEEN COACHES	OPEN GYM
9:30 AM	ELYSIA	ELYSIA	ELYSIA	ELYSIA	ELYSIA		
12:00 PM	ALEAH	-NO CLASS-	ALEAH	-NO CLASS-	ALEAH		
4:30 PM	JAMES	ADAM	JAMES	DANNY	AMANDA		
5:30 PM	DAVE	ADAM	JAMES	DANNY	AMANDA		
6:30 PM	DAVE	DAVE	DANNY	DAVE	-NO CLASS-		