



## Alpha Omega Sports Performance

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[www.alphaomegaperformance.com](http://www.alphaomegaperformance.com)

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### CrossFit Classes

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---------|-----------|----------|--------|----------|
| 5AM    | 5AM     | 5AM       | 5AM      | 5AM    |          |
| 6:30AM | 6:30AM  | 6:30AM    | 6:30AM   | 6:30AM |          |
|        |         |           |          |        | 8AM      |
| 8:30AM | 8:30AM  | 8:30AM    | 8:30AM   | 8:30AM |          |
|        |         |           |          |        | 10AM     |
| 11AM   | 11AM    | 11AM      | 11AM     | 11AM   |          |
| 4PM    | 4PM     | 4PM       | 4PM      | 4PM    |          |
| 5PM    | 5PM     | 5PM       | 5PM      | 5PM    |          |
| 6PM    | 6PM     | 6PM       | 6PM      | 6PM    |          |
| 7PM    | 7PM     | 7PM       | 7PM      |        |          |

### Youth Performance Training Classes

| Monday              | Tuesday | Wednesday           | Thursday | Friday | Saturday |
|---------------------|---------|---------------------|----------|--------|----------|
| 11 and Under<br>5PM |         | 11 and Under<br>5PM |          |        |          |