



Alpha Omega Sports Performance

490 E. Heinberg Street

Pensacola, FL 32502

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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
14 and Up Youth CrossFit 4PM	14 and Up Youth CrossFit 4PM	14 and Up Youth CrossFit 4PM	14 and Up Youth CrossFit 4PM	14 and Up Youth CrossFit 4PM	
13 and Under 5PM		13 and Under 5PM			