

EVERGREEN HURRICANES

Summer 2023 Practice Schedule

All Workouts at **WULF**, **HIWAN**, or **EVERGREEN CROSSFIT**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:00							5:00
5:30							5:30
6:00							6:00
6:30							6:30
7:00							7:00
7:30							7:30
8:00							8:00
8:30							8:30
9:00							9:00
9:30							9:30
10:00							
3:30							3:30
4:00							4:00
4:30							4:30
5:00							5:00
5:30							5:30
6:00							6:00
6:30							6:30
7:00							7:00
7:30							7:30
8:00							8:00
8:30							8:30
	Cat 5 & Surge: 7:00pm - 8:30pm	Cat 5 & Surge: 7:00pm - 8:30pm		Cat 5 & Surge: 7:00pm - 8:30pm		Cat 5 & Surge (excluding D-Group): 6:30am - 7:30am	

Cat 5 & Surge: 6:00am - 8:00am

Cat 5 & Surge: 6:00am - 8:00am

Cat 5 & Cat 4: 6:00am - 8:00am

Cat 5 & Surge: 6:00am - 8:00am

Cat 5 & Surge: 6:00am - 8:00am

Cat 2 & 3:
6:30am - 8:00am

D-Group:
7:00am - 9:30am

Cat 4, 5 & Surge:
8:00am - 9:30am

Cat 1:
4:30pm - 5:30pm

Cat 2:
4:30pm - 6:00pm

Kickstarts: 5:30pm - 6:00pm

Cat 3 & 4: 6:00pm - 7:30pm

Cat 1:
4:30pm - 5:30pm

Cat 2:
4:30pm - 6:00pm

Kickstarts: 5:30pm - 6:00pm

Cat 3 & 4: 6:00pm - 7:30pm

Cat 1:
4:30pm - 5:30pm

Cat 3:
4:30pm - 6:00pm

Kickstarts: 5:30pm - 6:00pm

Cat 4, 5 & Surge: 6:00pm - 7:30pm

Cat 1:
4:30pm - 5:30pm

Cat 2:
4:30pm - 6:00pm

Kickstarts: 5:30pm - 6:00pm

Cat 3 & 4: 6:00pm - 7:30pm

Cat 2 & 3: 4:30pm - 6:00pm

Cat 4: 6:00pm - 7:30pm
(optional Surge / Cat 5 makeup)