

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							
	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	
3:30							3:30
4:00							4:00
4:30	Cat 1 M/W/F: 4:30pm - 5:30pm Cat 2: 4:30pm - 6:00pm Kickstarts: 5:30pm - 6:00pm	Cat 1 T/TH/F: 4:30pm - 5:30pm Cat 2: 4:30pm - 6:00pm Kickstarts: 5:30pm - 6:00pm	Cat 1 M/W: 4:30pm - 5:30pm Cat 3: 4:30pm - 6:00pm Kickstarts: 5:30pm - 6:00pm	Cat 1 T/TH/F: 4:30pm - 5:30pm Cat 2: 4:30pm - 6:00pm Kickstarts: 5:30pm - 6:00pm	Cat 1 All: 4:30pm - 5:30pm Cat 2: 4:30pm - 6:00pm Kickstarts: 5:30pm - 6:00pm		
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 3 & 4: 6:00pm - 7:30pm	Cat 3 & 4: 6:00pm - 7:30pm	Cat 4,5 & Surge: 6:00pm - 7:30pm	Cat 3 & 4: 6:00pm - 7:30pm	Cat 3 & 4: 6:00pm - 7:30pm		
	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	