

EVERGREEN HURRICANES

Winter 2023-2024 Practice Schedule

Starting September 5, 2023

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
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							
3:00							3:00
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
	<p>Cat 1 3:30 - 4:30</p> <p>Senior 4:30 - 6:15</p> <p>Cat 2 & Cat 3 6:15 - 7:30</p> <p>Senior Premium GYM 6:45pm - 8:00pm</p>	<p>Cat 1 3:30 - 4:30</p> <p>Senior 4:30 - 6:00</p> <p>Cat 2 & Cat 3 6:00 - 7:30</p> <p>Senior Premium GYM 6:45pm - 8:00pm</p>	<p>Cat 1 3:30 - 4:30</p> <p>Cat 2 & Cat 3 4:30 - 6:00</p> <p>Kickstarts 4:30 - 6:00</p> <p>Senior 6:00 - 8:00</p>	<p>Senior 5:00 - 6:30</p> <p>Cat 2 & Cat 3 6:30 - 7:45</p> <p>Senior Premium GYM 6:50pm - 8:00pm</p>	<p>Cat 1 3:30 - 4:30</p> <p>Senior 4:30 - 6:15</p> <p>Cat 2 & Cat 3 6:15 - 7:30</p>		