

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		Surge & Cat 5 6:00 - 8:00		Surge & Cat 5 6:00 - 8:00		D - Group 7:00 - 9:30	7:00
7:30						Cat 2, 3 7:00 - 8:30	7:30
8:00						Surge, Cat 4, & Cat 5 8:00 - 9:30	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	Cat 1 3:30 - 4:30	Cat 1 3:30 - 4:30	Cat 1 3:30 - 4:30		Cat 1 3:30 - 4:30		4:00
4:30	Kickstarts 4:30 - 5:00		Kickstarts 4:30 - 5:00		Kickstarts 4:30 - 5:00		4:30
5:00	Cat 2 4:30 - 6:00	Cat 4 4:30 - 6:00	Cat 2 & Cat 3 4:30 - 6:00		Cat 2 4:30 - 6:00	Surge & Cat 5 4:30 - 6:30	5:00
5:30				Cat 4 5:00 - 6:30			5:30
6:00	Cat 3 6:00 - 7:30	Cat 2 & Cat 3 6:00 - 7:30	Surge, Cat 4, & Cat 5 6:00 - 8:00		Cat 3 6:00 - 7:30	Cat 4 6:30 - 8:00	6:00
6:30				Cat 2 & Cat 3 6:30 - 7:45			6:30
7:00							7:00
7:30							7:30
8:00	Surge & Cat 5 GYM 7:00pm - 8:15pm	Surge, Cat 4, Cat 5 GYM 7:00pm - 8:15pm		Surge, Cat 4, Cat 5 GYM 7:00pm - 8:15pm		Surge, Cat 4, Cat 5 GYM 6:30am - 7:30am	8:00