

# EVOLVE

CROSSFIT BOSTON IRON & GRIT

TIME BLOCKS	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5 am – 7:30 am		5:30 a.m. EVOLVE	6:30 a.m.	5:30 am EVOLVE	6:30 a.m. EVOLVE	5:30 a.m. EVOLVE	
7:30 – 10 am	8:00 BIG Engine	8:00 EVOLVE	8:00 EVOLVE	8:00 EVOLVE	8:00 EVOLVE	8:00 EVOLVE	8:00 Olympic Lifting
10 am – Noon	10:00 BIG Engine	9:30-11:30 OPEN GYM	9:30-11:30 OPEN GYM	9:30-11:30 OPEN GYM	9:30-11:30 OPEN GYM	9:30-11:30 OPEN GYM	10:00 Olympic Lifting
Noon – 2 pm		Noon EVOLVE	Noon EVOLVE	Noon EVOLVE	Noon EVOLVE	Noon EVOLVE	
2 pm – 4 pm							
4 pm – 6 pm		4:30 p.m. EVOLVE	4:30 p.m. BIG Engine	4:30 p.m. EVOLVE	4:30 p.m. BIG Engine	4:30 p.m. EVOLVE	
6 pm – 8:30 pm		6:30 p.m. EVOLVE	6:30 p.m. BIG Engine	6:30 p.m. EVOLVE	6:30 p.m. BIG Engine		
8:30 CLOSED							