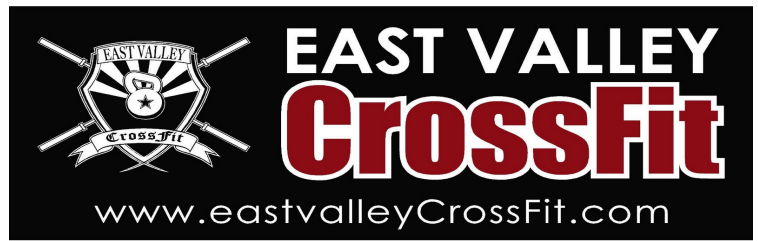




EVCF Weightlifting Club

East Valley CrossFit
 3875 W Ray Rd Suite 1
 480-734-3951
 aschmidt@cox.net



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM CrossFit	6:00AM CrossFit	6:00AM CrossFit		6:00AM CrossFit		
9:00AM CrossFit	9:00AM CrossFit	9:00AM CrossFit		9:00AM CrossFit	10:00AM CrossFit	
12:00PM CrossFit		12:00PM CrossFit		12:00PM CrossFit	12:00PM Open Gym	12:00PM Open Gym
					1:00PM Open Gym	
4:00PM CrossFit	4:00PM CrossFit	4:00PM CrossFit	4:00PM Open Gym	4:00PM CrossFit	2:00PM Open Gym	
5:00PM CrossFit	5:00PM CrossFit	5:00PM CrossFit	5:00PM Open Gym	5:00PM CrossFit		
6:00PM CrossFit	6:00PM CrossFit	6:00PM CrossFit	6:00PM Open Gym	6:00PM CrossFit		
7:00PM CrossFit	7:00PM CrossFit	7:00PM CrossFit		7:00PM CrossFit		

Weightlifting times also serve as Open Gym