

**Choctaw CrossFit Class Schedule**

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| **Monday-Friday** | **Instructor** |
| 5am – 6am | **Jordan Benson** |
| 6am – 7am | **Jordan Benson** |
| 8:30am – 9:30am | **Jordan Benson** |
| 10am – 11am Fitness Elements (Mon, Tues, Thurs only) | **Jordan Benson** |
| 12pm – 1pm | **Joshua Benson** |
| 3:30pm – 4:30pm  | **Britni Landers** |
| 5pm – 6pm | **Britni Landers** |
| 6pm – 7pm  | **Joshua Benson** |
| 7pm – 8pm | **Joshua Benson** |
| 8pm – 9pm Fitness Elements(Mon, Tues, Thurs only) | **Chris Taylor** |

**Open Gym Time:**

The CrossFit room and equipment is open to anyone for use outside of the above class times. Check with the instructor if there is available space and equipment to use if within one of the above class times. Be sure to put all equipment back in its place when you are done.

**No one under the age of 14 is allowed in this room unless accompanied and supervised by a Wellness Center trainer/coach.**