|  |  |
| --- | --- |
| June |  |
|  | 2022 |
|  | #IAm |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  | 1 | 2 | 3 | 4 |
|  |  |  |  |  |  |  |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
|  | Workout #1  7:45 – 9:15 AM | Workout #2  7:45 – 9:15 AM | Workout #3  7:45 – 9:15 AM |  |  |  |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
|  | Workout #4  7:45 – 9:15 AM | Workout #5  7:45 – 9:15 AM | Workout #6  7:45 – 9:15 AM |  |  |  |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
|  | Workout #7  7:45 – 9:15 AM | Workout #8  7:45 – 9:15 AM | Workout #9  7:45 – 9:15 AM |  |  |  |
| 26 | 27 | 28 | 29 | 30 |  |  |
|  | Workout #10  7:45 – 9:15 AM | Workout #11  7:45 – 9:15 AM | Workout #12  7:45 – 9:15 AM |  |  |  |
|  |  |  |  |  |  |  |
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Coach Darity – 580-467-7080 Crossfit Complete West

1232 N. Sara Rd

|  |  |
| --- | --- |
| July |  |
|  | 2022 |
|  | #IAm |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|  |  |  |  |  | 1 | 2 |
|  |  |  |  |  |  | Dead Week |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| Dead Week | Dead Week | Dead Week | Dead Week | Dead Week | Dead Week | Dead Week |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| Dead Week | Workout #13  7:45 – 9:15 AM | Workout #14  7:45 – 9:15 AM | Workout #15  7:45 – 9:15 AM |  |  |  |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
|  | Practice #1 | Practice #2 | Practice #3 | Practice #4 | Practice #5 |  |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
|  | Practice #6 | Practice #7 | Practice #8 | Practice #9 | Practice #10 |  |
| 31 |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

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