

CrossFit on the River

4350 S.R. 128 Cincinnati , OH 45002

justin@crossfitotr.com 513-646-9022

FEBRUARY 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Groundhog D	3	4
			5:45am CrossFit		5:45am CrossFit	11am Team WOD
			12pm CrossFit		12pm CrossFit	
			6pm On-Ramp	5:15 CF Kids	6pm On-Ramp	
			7pm CrossFit	6pm CrossFit	7pm CrossFit	
5	6	7	8	9	10	11
	5:45am CrossFit		5:45am CrossFit		5:45am CrossFit	
	12pm CrossFit			12pm CrossFit	12pm CrossFit	12pm Cupid Run
	5:15 CF Kids	5pm CrossFit		5:15 CF Kids		
	6pm On-Ramp	6pm CrossFit		6pm CrossFit	6pm On-Ramp	
	7pm CrossFit	7pm Yoga	7pm CrossFit	7pm TFA	7pm CrossFit	
12 Lincoln's B-Da	13	14 Valentines Da	15	16	17	18
	5:45am CrossFit		5:45am CrossFit		5:45am CrossFit	
3pm Teen	12pm CrossFit		12pm CrossFit		12pm CrossFit	
4pm TFA	5:15 CF Kids	5pm CrossFit		5:15 CF Kids		
	6pm On-Ramp	6pm CrossFit	6pm On-Ramp	6pm CrossFit		
	7pm CrossFit	7pm Yoga	7pm CrossFit			
19	20 President's Da	21	22	23	24	25
	5:45am CrossFit		5:45am CrossFit		5:45am CrossFit	
			12pm CrossFit		12pm CrossFit	
	5:15 CF Kids			5:15 CF Kids		
		6pm CrossFit		6pm CrossFit		
	7pm CrossFit	7pm Yoga				
26	27	28	29			
	5:45am CrossFit		5:45am CrossFit			
	12pm CrossFit					
	5:15 CF Kids	5pm CrossFit				
	6pm On-Ramp	6pm CrossFit				
	7pm CrossFit	7pm Yoga	7pm CrossFit			

Notes:

- Justin
- Camela
- Mike
- April

