

CrossFit on the River

4350 S.R. 128 Cincinnati , OH 45002

justin@crossfitotr.com 513-646-9022

JANUARY 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's D	2	3	4	5	6	7
	545 CrossFit		545 CrossFit		545 CrossFit	11AM Team WOD
	12PM CrossFit		12PM CrossFit		12PM CrossFit	
	515 CrossFit Kids			515 CrossFit Kids		
	6PM On-Ramp	6PM Crossfit	6PM On-Ramp	6PM CrossFit		
	7PM CrossFit	7PM Yoga	7PM CrossFit			
8	9	10	11	12	13	14
	545 CrossFit		545 CrossFit		545 CrossFit	11AM Team WOD
3PM Teen Class	12PM CrossFit		12PM CrossFit		12PM CrossFit	
	515 CrossFit Kids			515 CrossFit Kids		
	6PM On-Ramp	6PM CrossFit	6PM On-Ramp	6PM CrossFit	6PM On-Ramp	
	7PM CrossFit	7PM Yoga	7PM CrossFit		7PM CrossFit	
15	16 M.L.King Jr. D	17	18	19	20	21
	545 CrossFit		545 CrossFit			
	12PM CrossFit		12PM CrossFit		12PM CrossFit	
	515 CrossFit Kids			515 CrossFit Kids		
	6PM On-Ramp	6PM CrossFit		6PM CrossFit	6PM On-Ramp	
	7PM CrossFit	7PM Yoga			7PM CrossFit	
22	23	24	25	26	27	28
			545 CrossFit		545 CrossFit	11AM Team WOD
3PM Teen Class	12PM CrossFit		12PM CrossFit		12PM CrossFit	
	515 CrossFit Kids			515 CrossFit Kids		
	6PM On-Ramp	6PM CrossFit	6PM On-Ramp	6PM CrossFit		
	7PM CrossFit	7PM Yoga	7PM CrossFit			
29	30	31				
	545 CrossFit					
3PM Teen Class	12PM CrossFit					
	515 CrossFit Kids					
	6PM On-Ramp	6PM CrossFit				
	7PM CrossFit	7PM Yoga				

Notes:

- Mike
- Camela
- Justin
- April