

CROSSFIT ALLSTAR 2022 HOLIDAY SCHEDULE

Thursday
Nov. 24

THANKSGIVING DAY *all other classes cancelled
5AM - OPEN GYM TEXT KC ahead for code.
5AM - 5K @GYM IF YOU WANT TO TURKEY TROT!
8:15AM - 12 DAYS OF THANKFULNESS @gym w/COACH KC
8:15AM - 5K @GYM IF YOU WANT TO TURKEY TROT!

Black Friday
Nov. 25

BLACK FRIDAY
5AM - CROSSFIT CLASS w/COACH KC
6AM - CROSSFIT train with KC
8:15AM - CROSSFIT w/ COACH KC
*all other classes cancelled

Saturday
Dec. 10

GYM HOLIDAY PARTY RSVP @EVENTBRITE
PARTY STARTS 5:30PM PLEASE BE ON TIME
BRING A HEALTHY DISH TO SHARE AND A WHITE ELEPHANT GIFT WRAPPED UP (NOT ALLOWED TO BUY YOU MUST BRING ITEM FROM HOME!)

Saturday
Dec. 17

FIGHT BURNS HAWAII EVENT
THIS EVENT WILL BE HOSTED DURING SATURDAY CLASS - FUNDRAISING EFFORT FOR BURN VICTIMS AND STRAUB BURN CENTER.
DONATE AT www.sonsoftheflag.givingfuel.com

Saturday
Dec. 24

CHRISTMAS EVE
8:15AM - CROSSFIT w/Coach TBA
*all other classes cancelled

Sunday
Dec. 25

CHRISTMAS DAY
GYM CLOSED ENJOY YOUR HOLIDAY!
SPEND TIME CONNECTING WITH PEOPLE OR NATURE:)

Saturday
Dec. 31

NEW YEAR'S EVE
8:15AM - CROSSFIT w/ Coach TBA
*all other classes cancelled

Sunday
Jan. 1

NEW YEAR'S DAY
GYM CLOSED ENJOY YOUR HOLIDAY!
SPEND TIME RECOVERING, CATCHING UP ON SLEEP, AND SETTING GOALS FOR THE NEW YEAR!

