

# CROSSFIT OSWEGO

**Adult Program:** 39 Stonehill Rd, Suite B, Oswego, Illinois 60543

SUN MON TUE WED THU FRI SAT

AM PM AM PM AM PM AM PM AM PM AM PM AM PM

<b>CrossFit</b>		5:00 6:00 8:30 9:30	3:30 4:30 5:30 6:30	5:00 6:00 8:30 9:30	3:30 4:30 5:30 6:30	5:00 6:00 8:30 9:30	3:30 4:30 5:30 6:30	6:00 8:30	3:30	5:00 6:00 8:30 9:30	3:30 4:30 5:30 6:30	6:30 7:30 8:30
	<b>Performance</b>	8:15 9:00		7:30		5:00 7:30 9:30	4:30 6:30					
	<b>Open Gym</b>	8:00 - 10:00AM		5:00 - 10:00AM 3:30 - 7:30PM		5:00 - 10:00AM 3:30 - 7:30PM						6:00 - 9:30AM

**Youth Program:** 39 Stonehill Rd, Suite C, Oswego, Illinois 60543

SUN MON TUE WED THU FRI SAT

**Varsity**

	6:30PM	6:30PM	6:30PM	6:30PM		
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