

Name _____

Email _____

How to Schedule your Sessions

1. Fax or bring in your completed schedule A.S.A.P to guarantee your favorite time slots. All clients must fill out a schedule. Fax 404.935.5125
2. Your completed sessions will be handed to you after your workout
3. Be sure to include your first (1) & second (2) choice and your Fitness Coach for each day.
4. (Schedules without first and second choices may be rejected)
5. Please CALL ME or TEXT ME to confirm session appointments ((Circle One))

Contact Number (____) - ____ - _____

Basic Training Schedule Changes:

7am Sport is now a 7am Basic Training
 10am Basic Training time is now replaced with a 9:30am Session Time.
 7:00pm is now eliminated and replaced with a 6:30pm and 7:30pm

Sport Schedule Changes:

5:30pm has for now been removed from our schedule .

SPORT

Designed to challenge you to extreme levels of fitness. Sessions include warm-up, intro to exercises, Extreme workout & cool down. Recommended for intermediate and advanced clients. Total session time is 45 minutes.

MON - FRI

A.M. 5:30 • 6:30 • 8:00 9:00

P.M. 3:30 • 5:00 • 6:00

Monday-Wednesday-Friday Only

CROSSFIT KIDS

Ben (BB) P.M. 4:30

SATURDAY SPORT

A.M. 8:00 • 9:00

Saturday's Sport Coaches will be alternating

BASIC TRAINING

High intensity workout with easy to follow movements designed to maximize fat burning. Session includes war up, intro to exercises, High Intensity workout & cool dow Great for beginners & advanced clients Total session tir 45 minutes.

MON - FRI

A.M. 6:00 • 7:00 • 8:00 • 9:30

P.M. 12:30 • 4:30 • 5:30 • 6:30 • 7:30

Friday's last session is 6:30pm

SATURDAY BASIC TRAINING

A.M. 8:30 • 9:30 • 10:30

Saturday's Basic Training Coaches will be alternating

Wednesday • 1 Time Coach 1 ____ AM: PM ____ 2 ____ AM: PM ____	Thursday•2 1 ____ AM: PM ____ 2 ____ AM: PM ____	Friday • 3 1 ____ AM: PM ____ 2 ____ AM: PM ____ Last Session @6:30pm	Saturday • 4 Time Coach 1 ____ AM: PM ____ 2 ____ AM: PM ____
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Monday • 6 Labor Day 8:00am 9:00 am 10:00am
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Tuesday • 7 Time Coach 1 ____ AM: PM ____ 2 ____ AM: PM ____
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Wednesday • 8 Time Coach 1 ____ AM: PM ____ 2 ____ AM: PM ____
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Thursday•9 1 ____ AM: PM ____ 2 ____ AM: PM ____

Friday • 10 1 ____ AM: PM ____ 2 ____ AM: PM ____ Last Session @6:30pm

Saturday • 11 Time Coach 1 ____ AM: PM ____ 2 ____ AM: PM ____
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Tuesday • 13 Time Coach 1 ____ AM: PM ____ 2 ____ AM: PM ____

Tuesday • 14 Time Coach 1 ____ AM: PM ____ 2 ____ AM: PM ____

Tuesday • 15 Time Coach 1 ____ AM: PM ____ 2 ____ AM: PM ____

Contact us 404.370.1763
 info@crossfitdecatour.com