



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

DOWD YMCA CROSSFIT SCHEDULE

2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:00 am – 6:00 am Open Gym	5:00 am – 6:00 am Open Gym	5:00 am – 6:00 am Open Gym	5:00 am – 6:00 am Open Gym	5:00 am – 6:00 am Open Gym
6:00 am – 7:00 am Class WOD	6:00 am – 7:00 am Class WOD	6:00 am – 7:00 am Class WOD	6:00 am – 7:00 am Class WOD	6:00 am – 7:00 am Class WOD
7:00 am – 9:00 am Open Gym	7:00 am – 9:00 am Open Gym	7:00 am – 9:00 am Open Gym	7:00 am – 9:00 am Open Gym	7:00 am – 9:00 am Open Gym
12:00 pm – 1:00 pm Class WOD	12:00 pm – 1:00 pm Class WOD	12:00 pm – 1:00 pm Class WOD	12:00 pm – 1:00 pm Class WOD	12:00 pm – 1:00 pm Class WOD
1:00 pm – 3:00 pm Open Gym	1:00 pm – 3:00 pm Open Gym	1:00 pm – 3:00 pm Open Gym	1:00 pm – 3:00 pm Open Gym	1:00 pm – 3:00 pm Open Gym
4:30 pm – 5:30 pm Open Gym	4:30 pm – 5:30 pm Class WOD	4:30 pm – 5:30 pm Open Gym	4:30 pm – 5:30 pm Class WOD	5:30 pm – 6:30 pm Class WOD
5:30 pm – 6:30 pm Class WOD	5:35 pm – 6:35 pm Class WOD	5:30 pm – 6:30 pm WOD	5:35 pm – 6:35 pm WOD	6:30 pm – 8:00 pm Open Gym
6:35 pm – 7:35 pm Class WOD	6:35 pm – 9:00 pm Open Gym	6:35 pm – 7:35 pm WOD	6:35 pm – 9:00 pm Open Gym	SATURDAY
7:35 pm – 9:00 pm Open Gym		7:35 pm – 9:00 pm Open Gym		
				8:30 am – 9:30 am Class WOD
				9:30 am – 11:00 am Open Gym

*On the second Thursday of every month we also have SwimWOD from 5:30 pm – 6:30 pm.