

SCHEDULE

2021

www.CrossFit Birch Bender.ca – Location : 17743 McCowan Rd, Cedar Valley ON

“BARN BUILT” Schedule

This is a typical monthly schedule for “BARN BUILT”.

*class sizes will be dictated by COVID regulations.

If you have a time that you don't see here that you would like OR

Want to inquire about packages please email:

info@crossfitbirchbender.ca with your request.

www.crossfitbirchbender.ca



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	14	15	16	17	18	19
OPEN BARN 9-12pm (COMING SOON)	6:00am 9:30am 4:45pm 6:00pm	6:00am 9:30am 4:45pm 6:00pm 7:15pm	6:00am 9:30am 12:00pm 4:45pm 6:00pm	9:30am 12:00pm 4:45pm 6:00pm	6:00am 9:00am 12:00pm 4:30pm 5:45pm	8:00am 9:15am

RED = A.M
 BLUE = P.M