



CFME Class Schedule Effective June 17, 2020
Carrie at 203-235-6386 x18.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	CrossFit 5:30 AM - 6:30 AM	CrossFit 5:30 AM - 6:30 AM	CrossFit 5:30 AM - 6:30 AM	CrossFit 5:30 AM - 6:30 AM	CrossFit 5:30 AM - 6:30 AM	
CrossFit 8:00 AM - 9:00 AM	CrossFit 7:00 AM - 8:00 AM	CrossFit 7:00 AM - 8:00 AM	CrossFit 7:00 AM - 8:00 AM	CrossFit 7:00 AM - 8:00 AM	CrossFit 7:00 AM - 8:00 AM	CrossFit 8:00 AM - 9:00 AM
	CrossFit Express 12:15 - 12:45 PM	CrossFit Express 12:15 - 12:45 PM	CrossFit Express 12:15 - 12:45 PM	CrossFit Express 12:15 - 12:45 PM	CrossFit Express 12:15 - 12:45 PM	
	CrossFit 4:30 PM - 5:30 PM	CrossFit 4:30 PM - 5:30 PM	CrossFit 4:30 PM - 5:30 PM	CrossFit Express 4:15 PM- 4:45 PM		
	CrossFit 6:00 PM- 7:00 PM	CrossFit 6:00 PM- 7:00 PM	CrossFit 6:00 PM- 7:00 PM	CrossFit 5:15 PM- 6:15 PM	CrossFit 5:30 PM- 6:30 PM	

CROSSFIT MERIDEN

74 Cambridge Street
 Meriden CT 06450
 203.235.6386 x18
www.CrossFitMeriden.com