



Forging Elite Fitness!

CrossFit Class Schedule

Davis Athletic Club

1809 Picasso

Davis, California 95618

530-753-5282

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daccrossfit@hotmail.com

www.daccrossfit.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-7AM		6-7AM		6-7AM		
9-10AM	9-10AM	9-10AM	9-10AM	9-10AM	9-10AM Free Intro Class	
					10-11AM Advanced	
3:30-4PM CrossFit Kids		3:30-4PM CrossFit Kids		3:30-4PM CrossFit Kids		
4-5PM	4-5PM	4-5PM	4-5PM	4-5PM		
				5:30-6:30P Endurance		

CrossFit is designed to improve all 10 components of fitness: cardio endurance, stamina, strength, flexibility, power, speed, coordination, agility, balance and accuracy. The results of CrosFit strength and conditioning can be found in the military, firefighters, law enforcement officers, triathletes, cage fighters, soccer moms and grandmothers.