



Conditioning Day

Tuesday, July 12

During Practice Times

1006 Shary Circle | Suite A | Concord 94518

- All practices will be held at CrossFit Adventure on Tuesday, July 12th.
- Please see minor time adjustments below.

Time	Age group
7:15 - 8:10a	13-14 & 15-18
8:15 - 8:55a	9-10 & 11-12
9:00 - 9:40a	7-8
9:45 - 10:15a	6 & Under*

*I know some mini dolphins practice with the older 7-8 year-olds at 9a, so please make sure the little ones come during the later time.

For more information contact Carolyn Scalia
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