

**8:30 Manditory Athlete Briefing and Movement Demo**

<b>WOD 1 - Cardio Karen (18min Cap)</b>	<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Lane 4</b>	<b>Lane 5</b>
9:00 Heat 1	#ABC	A blonde, a brunette and a redhead	WOD We Get into?	3 Dollar Bills	3 Peas in a WOD (Scaled)
9:18 Break					
9:22 Heat 2	It's 9am Somewhere	My Sweet Annette, Amazing Grace, Proud Mary	SHR	Run Like the Govt	Y.E.S
9:40 Break					
9:44 Heat 3	Pace Force	Fitness Donut in My Mouth	Forever 21	Small Sets	Two Pollards for the Price of One
10:02 Break					
10:06 Heat 4	Beauty and the Balds	Southern Caramel and Heavy Cream	Team Rack and Sacks	Weekend with the Kids	Team Schmedium
10:24 Break					
10:28 Heat 5	Slightly Stacked	The Big MACs	Three Peas in a WOD	Team Hustle and Muscle	Travis Cook N a Wille
10:46 Break					

<b>WOD 2 - Team Linda (10min Cap)</b>	<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Lane 4</b>
10:56 Heat 1	#ABC	A blonde, a brunette and a redhead	WOD We Get into?	
11:06 Break				
11:10 Heat 2	My Sweet Annette, Amazing Grace, Proud Mary	SHR	3 Dollar Bills	Y.E.S
11:20 Break				
11:24 Heat 3	It's 9am Somewhere	Run Like the Govt	3 Peas in a WOD (Scaled)	Two Pollards for the Price of One
11:34 Break				
11:38 Heat 4	Pace Force	Small Sets	Forever 21	
11:48 Break				
11:52 Heat 5	Southern Caramel and Heavy Cream	Team Schmedium	Fitness Donut in My Mouth	
12:02 Break				
12:06 Heat 6	Beauty and the Balds	Team Hustle and Muscle	Weekend with the Kids	Team Rack and Sacks
12:16 Break				
12:20 Heat 7	Slightly Stacked	The Big MACs	Three Peas in a WOD	Travis Cook N a Wille
12:30 Break				

<b>WOD 3 - Gym-Nasty (10min AMRAP)</b>	<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Lane 4</b>
12:40 Heat 1	#ABC	A blonde, a brunette and a redhead	WOD We Get into?	
12:50 Break				
12:54 Heat 2	My Sweet Annette, Amazing Grace, Proud Mary	SHR	3 Dollar Bills	Y.E.S
13:04 Break				
13:08 Heat 3	It's 9am Somewhere	Run Like the Govt	3 Peas in a WOD (Scaled)	Two Pollards for the Price of One
13:18 Break				
13:22 Heat 4	Pace Force	Small Sets	Forever 21	
13:32 Break				
13:36 Heat 5	Southern Caramel and Heavy Cream	Team Schmedium	Fitness Donut in My Mouth	
13:46 Break				
13:50 Heat 6	Beauty and the Balds	Team Hustle and Muscle	Weekend with the Kids	Team Rack and Sacks
14:00 Break				
14:04 Heat 7	Slightly Stacked	The Big MACs	Three Peas in a WOD	Travis Cook N a Wille
14:14 End				