

	WOD #1				WOD #2				WOD #3			
LANE	1	2	3	4	1	2	3	4	1	2	3	4
9:00AM	#NOTIMECAPS	Agressively Average	WOD did we get into?	Cardio B Feat. Drake	<b>BREAK</b>				24K Youngbloods	Baldie & Blondie	Coffee Club	EC Wild Gainz
9:20AM	Chalk Dirty to me	Darkside Duo	Dawn Patrol	Double Barrel Black	Bacon me crazy	Barracks	Bryanna And Miguel	GnC	Fire & Ice	Rice & Beans	Just the Kip	
9:40AM	Fire Breathing Schmonsters	Flex Appeal	Goldblooded	Kaitlin & Taj	Pace Cadets	Salute The Glutes	Scrambled Legs		Sam's Club	VanDiesel	WOD We Get In To?	
10:00 AM	OCD & Me	OK on a good day	She cleans it, he jerks it	She gets his muscle up	The Young & Rustless	The Young & the Old	Sharknado		<b>BREAK</b>			
10:20 AM	ShenaniGAINS	Size Matters Not	Snatch me if you can	Stranger Danger	<b>BREAK</b>				MagaMania	Beer Pressure	Closet Geeks	
10:40 AM	SV Gang	Tall Fry & a Nugget	Team IAAGT	Worst Case Scenario	<b>BREAK</b>				#NOTIMECAPS	Agressively Average	WOD did we get into?	Cardio B Feat. Drake
11:00 AM	Team Oreo	Team Switz	What the fluff?		24K Youngbloods	Baldie & Blondie	Coffee Club	EC Wild Gainz	Chalk Dirty to me	Darkside Duo	Dawn Patrol	Double Barrel Black
11:20 AM	<b>BREAK</b>				Fire & Ice	Rice & Beans	Just the Kip		Fire Breathing Schmonsters	Flex Appeal	Goldblooded	Kaitlin & Taj
11:40 AM	<b>BREAK</b>				Sam's Club	VanDiesel	WOD We Get In To?		OCD & Me	OK on a good day	She cleans it, he jerks it	She gets his muscle up
12:00 PM	Bacon me crazy	Barracks	Bryanna And Miguel	GnC	MagaMania	Beer Pressure	Closet Geeks		ShenaniGAINS	Size Matters Not	Snatch me if you can	Stranger Danger
12:20 PM	Pace Cadets	Salute The Glutes	Scrambled Legs		<b>BREAK</b>				SV Gang	Tall Fry & a Nugget	Team IAAGT	Worst Case Scenario
12:40 PM	The Young & Rustless	The Young & the Old	Sharknado		#NOTIMECAPS	Agressively Average	WOD did we get into?	Cardio B Feat. Drake	<b>BREAK</b>			
1:00 PM	<b>BREAK</b>				Chalk Dirty to me	Darkside Duo	Dawn Patrol	Double Barrel Black	Team Oreo	Team Switz	What the fluff?	
1:20 PM	24K Youngbloods	Baldie & Blondie	Coffee Club	EC Wild Gainz	Fire Breathing Schmonsters	Flex Appeal	Goldblooded	Kaitlin & Taj	Bacon me crazy	Barracks	Bryanna And Miguel	GnC
1:40 PM	Fire & Ice	Rice & Beans	Just the Kip		OCD & Me	OK on a good day	She cleans it, he jerks it	She gets his muscle up	Pace Cadets	Salute The Glutes	Scrambled Legs	
2:00 PM	Sam's Club	VanDiesel	WOD We Get In To?		ShenaniGAINS	Size Matters Not	Snatch me if you can	Stranger Danger	The Young & Rustless	The Young & the Old	Sharknado	
2:20 PM	MagaMania	Beer Pressure	Closet Geeks		SV Gang	Tall Fry & a Nugget	Team IAAGT	Worst Case Scenario				
2:40 PM					Team Oreo	Team Switz	What the fluff?					
3:30 PM	award ceremony											