

2016 Winter Shakedown Heat Schedule V3

WOD 1 "A Link To The Past" 14min Cap - 4min Break - 18min Total

Time	Heat	Station 1 Team	Station 2 Team	Station 3 Team	Station 4 Team	Station 5 Team
8:00 AM	1	Young Guns (Axiom CrossFit)	Flying Monkeys (The Rec Center CrossFit)	Beauties and The Beasts (Brick Crossfit)	WOD and Chill (Crossfit Fortius)	Cookies Monsters (Crossfit Long Beach)
8:18 AM	2	AMRAPERS Delight (CrossFit Ridgecrest)	Wodding Crashers (BodyRocc CrossFit)	Booties & The Beasts (Precision CrossFit)	Luke, I am Your Spotter (Cave CrossFit)	Couperdinkles (Crossfit Fortius)
8:36 AM	3	Amrappers Delight (CrossFit Beach Box)	Team RCF (Resolution Crossfit)	Burpee babes with Two Jerks (Crossfit LB)	Minty Fresh 2.0 (Modern Vikings Athletics)	Crossfit Fortius West (Crossfit Fortius)
8:54 AM	4	Beach Box (Beach Box)	Sunshine and Farts (Valley crossfit)	CFIV (CrossFit Inland Valley)	MothaThrusters (BodyRocc CrossFit)	2 Babaes and a Couple of Jerks (Precision CrossFit)
9:12 AM	5	Gym Class Heroes (CrossFit Tustin)	Jedi WOD tricks (Crossfit Long Beach)	Resolution Crossfit Black (Resolution Crossfit)	Salsa and Beer (Vault crossFit)	SwagCity All Stars (Crossfit pendulum)
9:30 AM	6	Heyday Thunder Cats (Crossfit Heyday)	Kylo Ren (CrossFit Dark Horse)	Run Like the Winded (Valley crossfit)	Snatch Batch (CrossFit Radius)	Team Double Date (Brick Crossfit)
9:48 AM	7	Team Gay (Precision CrossFit)	Team Such and Such (Crossfit Sandbox)	UnFOURgetable Force (Crossfit Long Beach)	West LA Crossfit (West LA crossfit)	Three Blacks & a White (Valley crossfit)
10:06 AM	8	Team CFRC (Crossfit Rancho Cucamonga)	Crossfit Tustin (CrossFit Tustin)	The Pretty Little Lifters (Brick Crossfit)	Vault CrossFit (Vault crossFit)	
10:24 AM	9	Two Hot, Two Not (Marvelous CrossFit)	Wii Not Fit (Axiom CrossFit)	Depot West LA (Depot CrossFit)	H-T-C-M (CrossFit RXD)	
10:42 AM	10	Team Fortius 1 (Crossfit Fortius)	Vault Broshakes (Vault crossFit)	Paradiso CrossFit 2 (Paradiso Crossfit Venice)	Beast Mode then Feast Mode (Valley crossfit)	
11:00 AM	11	Recon (Golden State Crossfit Sherman Oaks)	Valley CrossFit Bandits (Valley crossfit)	626 Brick House (Brick Crossfit)	Part Wolf (Red Wolf CrossFit)	
11:18 AM	12	Old, swole and flexy (CrossFit Crazyhouse)	Crouching Kettlebell, Hidden Backsquat (Brick Crossfit)	FRANK & BEANS (The Rec Center CrossFit)	Karma CrossFit (Crossfit Karma)	Paradiso CrossFit (Paradiso CrossFit)
11:36 AM	13	Bricksters (Brick Crossfit)	Vault Bandits (Vault crossFit)	Driven by Compex (Driven Strength and Conditioning)	Embrace The Pain (Crossfit Fortius)	Team Livesore (CrossFit RXD)
11:50-12:20		Lunch	Lunch	Lunch	Lunch	Lunch

WOD 2 "Four Swords" 18min Cap - 4min Break - 22min Total

Time	Heat	Station 1 Team	Station 2 Team	Station 3 Team	Station 4 Team	Station 4 Team
12:20 PM	1	Young Guns (Axiom CrossFit)	Flying Monkeys (The Rec Center CrossFit)	Beauties and The Beasts (Brick Crossfit)	WOD and Chill (Crossfit Fortius)	Cookies Monsters (Crossfit Long Beach)
12:42 PM	2	AMRAPERS Delight (CrossFit Ridgecrest)	Wodding Crashers (BodyRocc CrossFit)	Booties & The Beasts (Precision CrossFit)	Luke, I am Your Spotter (Cave CrossFit)	Couperdinkles (Crossfit Fortius)
1:04 PM	3	Amrappers Delight (CrossFit Beach Box)	Team RCF (Resolution Crossfit)	Burpee babes with Two Jerks (Crossfit LB)	Minty Fresh 2.0 (Modern Vikings Athletics)	Crossfit Fortius West (Crossfit Fortius)
1:26 PM	4	Beach Box (Beach Box)	Sunshine and Farts (Valley crossfit)	CFIV (CrossFit Inland Valley)	MothaThrusters (BodyRocc CrossFit)	2 Babaes and a Couple of Jerks (Precision CrossFit)
1:48 PM	5	Gym Class Heroes (CrossFit Tustin)	Jedi WOD tricks (Crossfit Long Beach)	Resolution Crossfit Black (Resolution Crossfit)	Salsa and Beer (Vault crossFit)	SwagCity All Stars (Crossfit pendulum)
2:10 PM	6	Heyday Thunder Cats (Crossfit Heyday)	Kylo Ren (CrossFit Dark Horse)	Run Like the Winded (Valley crossfit)	Snatch Batch (CrossFit Radius)	Team Double Date (Brick Crossfit)
2:32 PM	7	Team Gay (Precision CrossFit)	Team Such and Such (Crossfit Sandbox)	UnFOURgetable Force (Crossfit Long Beach)	West LA Crossfit (West LA crossfit)	Three Blacks & a White (Valley crossfit)
2:54 PM	8	Team CFRC (Crossfit Rancho Cucamonga)	Crossfit Tustin (CrossFit Tustin)	The Pretty Little Lifters (Brick Crossfit)	Vault CrossFit (Vault crossFit)	
3:16 PM	9	Two Hot, Two Not (Marvelous CrossFit)	Wii Not Fit (Axiom CrossFit)	Depot West LA (Depot CrossFit)	H-T-C-M (CrossFit RXD)	
3:38 PM	10	Team Fortius 1 (Crossfit Fortius)	Vault Broshakes (Vault crossFit)	Paradiso CrossFit 2 (Paradiso Crossfit Venice)	Beast Mode then Feast Mode (Valley crossfit)	
4:00 PM	11	Recon (Golden State Crossfit Sherman Oaks)	Valley CrossFit Bandits (Valley crossfit)	626 Brick House (Brick Crossfit)	Part Wolf (Red Wolf CrossFit)	
4:22 PM	12	Old, swole and flexy (CrossFit Crazyhouse)	Crouching Kettlebell, Hidden Backsquat (Brick Crossfit)	FRANK & BEANS (The Rec Center CrossFit)	Karma CrossFit (Crossfit Karma)	Paradiso CrossFit (Paradiso CrossFit)
4:44 PM	13	Bricksters (Brick Crossfit)	Vault Bandits (Vault crossFit)	Driven by Compex (Driven Strength and Conditioning)	Embrace The Pain (Crossfit Fortius)	Team Livesore (CrossFit RXD)