

### Recommended Heat Schedule

07:00 - 07:30	Arrival & Check-in
07:30 - 08:00	Warm-up
08:00 - 08:30	WOD 1: Heat 1
08:24 - 08:30	Reset
08:30 - 08:54	WOD 1: Heat 2
09:00 - 09:30	Break / Warm-up
09:30 - 09:55	WOD 2: Heat 1
09:55 - 10:00	Reset
10:00 - 10:25	WOD 2: Heat 2
10:30 - 11:00	Break / Warm-up
11:00 - 11:25	WOD 3: Heat 1
11:25 - 11:30	Reset
11:30 - 11:55	WOD 3: Heat 2
Job done...have a wonderful day and weekend!	