

Basecamp and Fall Tune-Up Schedule

Fall 2023

Day	Date	Groups	Activity	Time	Location
MONDAY	August 7	Basecamp	Dryland	1:00pm - 2:30pm	Crossfit Conifer
TUESDAY	August 8	Basecamp	Dryland	1:00pm - 2:30pm	Crossfit Conifer
		Basecamp	Swim	3:00pm - 5:00pm	Wulf
WEDNESDAY	August 9	Basecamp	Dryland	1:00pm - 2:30pm	Crossfit Conifer
		Basecamp	Swim	3:00pm - 5:00pm	Wulf
THURSDAY	August 10	Basecamp	Dryland	1:00pm - 2:30pm	Crossfit Conifer
		Basecamp	Swim	3:00pm - 5:00pm	Wulf
FRIDAY	August 11	Basecamp	Dryland	1:00pm - 2:30pm	Crossfit Conifer
SATURDAY	August 12	Basecamp	Mountain Climb	TBD	Mt Democrat
SUNDAY	August 13				

MONDAY	August 14	Basecamp	Dryland	7:00pm - 8:15pm	Evergreen Crossfit
TUESDAY	August 15	Basecamp	Swim	4:30pm - 6:30pm	Wulf
		Basecamp	Dryland	7:00pm - 8:15pm	Evergreen Crossfit
WEDNESDAY		Basecamp	Swim	4:30pm - 6:30pm	Wulf
		Fall Tune-Up	Stroke Clinic	7:00pm - 8:00pm	Hiwan
THURSDAY	August 17	Basecamp	Swim	4:30pm - 6:30pm	Wulf
		Basecamp	Dryland	7:00pm - 8:15pm	Evergreen Crossfit
FRIDAY	August 18				
SATURDAY	August 19	Basecamp	Dryland Competition	10:45am - 12:30pm	Crossfit Conifer
SUNDAY	August 20	Fall Tune-Up	Stroke Clinic	7:00pm - 8:00pm	Hiwan

MONDAY	August 21	Basecamp	Dryland	7:00pm - 8:15pm	Evergreen Crossfit
TUESDAY	August 22	Basecamp	Swim	4:30pm - 6:30pm	Wulf
		Basecamp	Dryland	7:00pm - 8:15pm	Evergreen Crossfit
WEDNESDAY	August 23	Basecamp	Swim	4:30pm - 6:30pm	Wulf
		Fall Tune-Up	Stroke Clinic	7:00pm - 8:00pm	Hiwan
THURSDAY	August 24	Basecamp	Swim	4:30pm - 6:30pm	Wulf
		Basecamp	Dryland	7:00pm - 8:15pm	Evergreen Crossfit
FRIDAY	August 25	Basecamp	Camping		Wellington Lake
SATURDAY	August 26	Basecamp	Castle 5K / 10K		Wellington Lake
SUNDAY	August 27	Fall Tune-Up	Stroke Clinic	7:00pm - 8:00pm	Hiwan