

FOR ALL WORKOUTS			THE ALL-STARS		WOD 1 CHANGE-UP	WOD 2 SLIDER	WOD 3 KNUCKLEBALL	WOD 4 FASTBALL	AWARDS
#	HEAT	LANE	TEAM	GYM	TIME	TIME	TIME	TIME	TIME
381	8	1	Two and a half docs	Mission CrossFitSA	1006	1212	1453	1623	1645
382	8	2	Stop, Drop, and Squat	Savage Fitness					
383	8	3	Beastmode Babes	Body Armor CF					
384	8	4	UR BABs	UpReach CrossFit					
385	8	5	Lonestars Backyard	Lonestar Crossfit					
386	8	6	Down With The Thickness	UpReach CrossFit					
387	8	7	Lokal Strength Gold	Lokal CrossFit					
388	8	8	Basic Pitches	Iron Antler/Unshaken					