

FOR ALL WORKOUTS			THE MAJORS		WOD 1 CHIN MUSIC	WOD 2 HEAVY HITTERS	WOD 3 AROUND THE HORN	WOD 4 HGH AND TIGHT	AWARDS
HEAT	LANE	#	TEAM	GYM	TIME	TIME	TIME	TIME	TIME
					840	1024	1233	1501	
5	8	258	PR or ER	Reign strength and conditioning					
6	1	261	Fieldhouse JAL	Fieldhouse San Antonio					
6	2	262	One More Rep	Comal Active					
6	3	263	Lonestar Trio	Lonestar Crossfit					
6	4	264	Hip thrust honeys	CrossFit lethal					
6	5	265	Tres Amigas	OP Crossfit	850	1035	1247	1518	
6	6	266	Here for The Beer	Artemis CrossFit					
6	7	267	Chalk Dirty To Me	CrossFit Backward Arrow					
6	8	268	A Blonde, Burnette and a Red Head	N/D					
7	1	271	Barbell Bangers	CrossFit Bureson					
7	2	272	Deep Squats Deeper Thoughts	N/D					
7	3	273	Only Frans	Come and Take It Crossfit					
7	4	274	Salute the Glutes	MCFSFA					
7	5	275	Okay AF	Comal Active	900	1046	1301	1535	1640
7	6	276	Buns & Guns	N/D					
7	7	277	The Young and the Breathless	Crossfit Optimistic					
7	8	278	Trap House Barbies	Crossfit Moto					
8	1	281	Mom Squad	Flying Fortress CrossFit					
8	2	282	Mighty Mannered Maniacs	Mission Crossfit					
8	3	283	CLEAN'n Crew	N/D					
8	4	284	Mommy, mom, ma, bruh	FitStop					
8	5	285	Booty and the Beast	N/D	910	1057	1315	1552	
8	6	286	Legs Misérables	CrossFit Cibolo					
8	7	287	Barbell Baddies	Lone Star CrossFit					
8	8	288	The Big Quad Theory	Max 3 Fitness					
9	1	291	Vicious & Delicious	N/D					
9	2	292	Snack Pack	None					
9	3	293	THICC and THIN	CrossFit Fair Oaks Ranch					
					920	1108	1329	1609	

A Blonde, Burnette and a Red Head