CROSSFITSAINTJOHN

Date																						
400m run																						
Date																						
800m run																						
Date																						
5k run																						
Date																						
10k run																						
Date																						
15k run																						
Date																						
500m row																						
Date																						
2k row																						
Date																						
5k row																						
Date																						
5k row																						
Date																						
10k row																						
Date																						
Angie																						
Date																						
Annie																						
Date																						
Badger																						
Date																						
Barbara																						
Date																						
Box jump																						
Date																						
Burpees																						
Date																						
Cindy																						
Date																						
CrossFit Total																						
Date																						
Daniel																						
Date																						
Diane																						
Date																						
Double Unders																						
Date																						
Elizabeth																						
Date																						
Eva																						
Date																						
Fight Gone Bad																						
Date																						
Filthy 50's																						
Date																						
Fran																						
Date																						
Freestanding handstand																						
Date																						
Grace																						
Date																						
Griff																						
Date																						
Handstand pushups																						
Date																						
Helen																						
Date																						
Isabelle																						
Date																						
Jackie																						
Date																						
Jason																						
Date																						
Josh																						
Date																						
Joshie																						
Date																						
JT																						
Date																						
Karen																						
Date																						
Kelly																						
Date																						
Knees to elbows																						
Date																						
Linda																						
Date																						
L-sit pullups																						
Date																						
Lynne																						
Date																						
Mary																						
Date																						
Michael																						
Date																						
Murph																						
Date																						
Muscle up																						
Date																						
Nancy																						
Date																						
Nasty Girls																						
Date																						
Nate																						
Date																						
Nicole																						
Date																						
Pistols																						
Date																						
Pullups																						
Date																						
Pullups Continuous Clock																						
Date																						
Pushups																						
Date																						
Randy																						
Date																						
Ring dips																						
Date																						
Tabata This																						
Date																						
Tabata Something Else																						