

CROSSFIT EAST BOCA

CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Class 6 AM	Class 6 AM	Class 6 AM	Class 6 AM	Class 6 AM		
Open Gym 7-930 AM	Open Gym 7-930 AM	Beginner CF 730-830 AM	Open Gym 7-930 AM	Beginner CF 730-830 AM	Partner WOD 8 AM	Open Gym 7AM-5PM
Class 930 AM	Class 930 AM	Class 930 AM	Class 930 AM	Class 930 AM	Partner WOD 9 AM	
Class Noon	Class Noon	Class Noon	Class Noon	Class Noon		
Open Gym 1PM-430PM	Open Gym 1PM-430PM	Open Gym 1PM-430PM	Open Gym 1PM-430PM	Open Gym 1PM-430PM	Located inside Palm Beach Gym 7561 N Federal Hwy, Boca Raton, Fl 33487 (561)-278-7111	
Class 430/530/630	Class 430/530/630	Class 430/530/630	Class 430/530/630	Class 430/530		
Open Gym 730-10PM	Open Gym 730-10PM	Open Gym 730-10PM	Open Gym 730-10PM	Open Gym 630-10PM		