

# 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	<b>Located inside</b> <b>The New Boca Raton Fitness Center</b> <b>7561 N Federal Hwy, Boca</b> <b>Raton, Fl 33487</b> <b>(561)-278-7111</b>	
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		