

CROSSFIT EAST BOCA

CLASS SCHEDULE



MON	TUE	WED	THU	FRI	SAT	SUN
Open Gym 5am	Open Gym 5am	Open Gym 5am	Open Gym 5am	Open Gym 5am		
Class 6am	Class 6am	Class 6am	Class 6am	Class 6am		
Open Gym 7am	Open Gym 7am	Coached OG 7am	Open Gym 7am	Coached OG 7am		
Class 930am	Class 930am	Class 930am	Class 930am	Class 930am	Class 8am	
Open Gym 1030am	Open Gym 1030am	Open Gym 1030am	Open Gym 1030am	Open Gym 1030am	Class 9am	Open Gym 7am-5pm
Noon Class Resumes in Fall	Noon Class Resumes in Fall	Noon Class Resumes in Fall	Noon Class Resumes in Fall	Noon Class Resumes in Fall		
Open Gym 1-430pm	Open Gym 1-430pm	Open Gym 1-430pm	Open Gym 1-430pm	Open Gym 1-430pm	Open Gym 10am-7pm	
Class 530/630 PM	Class 530/630 PM	Class 530/630 PM	Class 530/630 PM	Class 430/530 PM		
Open Gym 730-10pm	Open Gym 730-10pm	Open Gym 730-10pm	Open Gym 730-10pm	Open Gym 630-10pm		

All classes and OPEN GYM are
for CrossFit
members **ONLY**