

CROSSFIT EAST BOCA CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM OPEN GYM	5:00 AM OPEN GYM	5:00 AM OPEN GYM	5:00 AM OPEN GYM	5:00 AM OPEN GYM	8:00 AM CLASS	7:00 AM-5:00 PM OPEN GYM
6:00 AM CLASS	6:00 AM CLASS	6:00 AM CLASS	6:00 AM CLASS	6:00 AM CLASS	9:00 AM CLASS	
7:00 AM OPEN GYM	7:00 AM OPEN GYM	7:00 AM COACHED	7:00 AM OPEN GYM	7:00 AM COACHED	10:30 AM OPEN GYM	
9:30 AM CLASS	9:30 AM CLASS	9:30 AM CLASS	9:30 AM CLASS	9:30 AM CLASS		
10:30 AM OPEN GYM	10:30 AM OPEN GYM	10:30 AM OPEN GYM	10:30 AM OPEN GYM	10:30 AM OPEN GYM		
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		
1:00-4:30 PM OPEN GYM	1:00-4:30 PM OPEN GYM	1:00-4:30 PM OPEN GYM	1:00-4:30 PM OPEN GYM	1:00-4:30 PM OPEN GYM		
5:30/6:30 PM CLASS	5:30/6:30 PM CLASS	5:30/6:30 PM CLASS	5:30/6:30 PM CLASS	5:30/6:30 PM CLASS		
7:30-10:00 PM OPEN GYM	7:30-10:00 PM OPEN GYM	7:30-10:00 PM OPEN GYM	7:30-10:00 PM OPEN GYM	7:30-10:00 PM OPEN GYM		

All Classes and Open Gym are for CrossFit members only.

Questions: (561) 723-6536