

Feb 2025



Schedule subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9 am CROSSFIT Community Led
2 CLOSED	3 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT	4 6 am CROSSFIT 515 pm COBE LIFT	5 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT	6 6 am COBE LIFT 515 pm Community Led SWEAT SESH	7 6 am CROSSFIT 12 pm CROSSFIT	8 9 am CROSSFIT
9 CLOSED	10 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT	11 6 am CROSSFIT 515 pm COBE LIFT	12 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT 615 pm MID-WEEK MOBILITY	13 6 am COBE LIFT 515 pm Community Led SWEAT SESH	14 6 am CROSSFIT 12 pm CROSSFIT	15 9 am CROSSFIT
16 CLOSED	17 FAMILY DAY CLOSED	18 6 am CROSSFIT 515 pm COBE LIFT	19 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT	20 6 am COBE LIFT 515pm CROSSFIT	21 6 am CROSSFIT 12 pm CROSSFIT	22 9 am CROSSFIT
23 CLOSED	24 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT 6:30 VARSITY ATHLETE (6 WEEK SESSION)	25 6 am CROSSFIT 515pm CROSSFIT	26 6 am CROSSFIT 12 pm CROSSFIT 515pm CROSSFIT	27 5:15 pm OPEN GYM	28 CF OPEN 25.1 6 am CROSSFIT 12 pm CROSSFIT *515 pm CROSSFIT *FRIDAY NIGHT LIGHTS	