

May

CrossFit COBE

2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 6 am CROSSFIT 515pm CROSSFIT	2 6am COMMUNITY LED 445pm PRIVATE TEAM TRAINING	3 6am CROSSFIT 12pm Community Led Xpress	4 9 am CROSSFIT 10am – 12pm OPEN GYM
5 CLOSED	6 6am CROSSFIT 12pm Community Led Xpress 515pm CROSSFIT	7 6am CROSSFIT 5:15 pm OPEN GYM - LIFT	8 6 am CROSSFIT 515pm CROSSFIT	9 6am COMMUNITY LED	10 6 am CROSSFIT 12pm Community Led Xpress	11 9 am CROSSFIT 10am – 12pm OPEN GYM
12 10 am COBE LIFT	13 6am CROSSFIT 12pm Community Led Xpress 515pm CROSSFIT	14 6am CROSSFIT 5:15 pm OPEN GYM - LIFT	15 6am CROSSFIT 515pm CROSSFIT	16 6am COMMUNITY LED 6:30 pm TEENS LIFT	17 6 am CROSSFIT 12pm Community Led Xpress	18 9 am CROSSFIT 10am – 12pm OPEN GYM
19 CLOSED	20 CLOSED	21 6am CROSSFIT 5:15 pm OPEN GYM - LIFT	22 6am CROSSFIT 515pm CROSSFIT	23 6am COMMUNITY LED	24 6 am CROSSFIT 12pm Community Led Xpress	25 9 am MURPH
26 10 am COBE LIFT	27 6am CROSSFIT 12pm Community Led Xpress 515pm CROSSFIT	28 6am CROSSFIT 5:15 pm OPEN GYM - LIFT	29 6am CROSSFIT 515pm CROSSFIT	30 6am COMMUNITY LED	31 6 am CROSSFIT 12pm Community Led Xpress	