

Dec 2025



Schedule subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 6 am CROSSFIT 12pm CROSSFIT 515pm CROSSFIT	2 6am COBE Bootcamp 12pm COBE Bootcamp 515 pm COBE Bootcamp	3 6 am CROSSFIT 8am - 10am OPEN GYM 515pm CROSSFIT	4 6am OPEN GYM 12 pm LIFT & SWEAT 430pm - 630pm OPEN GYM	5 6 am CROSSFIT 12pm CROSSFIT	6 9am CROSSFIT
7 CLOSED	8 6 am CROSSFIT 12pm CROSSFIT 515pm CROSSFIT	9 6am COBE Bootcamp 12pm COBE Bootcamp 515 pm COBE Bootcamp	10 6 am CROSSFIT 8am - 10am OPEN GYM 515pm CROSSFIT 630pm Basketball Team Training	11 6am OPEN GYM 12 pm LIFT & SWEAT 430pm - 630pm OPEN GYM	12 6 am CROSSFIT 12pm CROSSFIT	13 9am CROSSFIT
14 CLOSED	15 6 am CROSSFIT 12pm CROSSFIT 515pm CROSSFIT	16 6am COBE Bootcamp 12 pm COBE Bootcamp 515 pm COBE Bootcamp	17 6 am CROSSFIT 8am - 10am OPEN GYM 515pm CROSSFIT 630pm Basketball Team Training	18 6am OPEN GYM 12 pm LIFT & SWEAT 430pm - 630pm OPEN GYM	19 6 am CROSSFIT 12 pm CROSSFIT	20 9am CROSSFIT
21 CLOSED	22 6 am CROSSFIT 12pm CROSSFIT 515pm CROSSFIT	23 6am COBE Bootcamp 12 pm COBE Bootcamp 515 pm COBE Bootcamp	24 6am 9am 12 Days of XMAS WOD	25 CLOSED	26 9am CROSSFIT	27 9am CROSSFIT
28 CLOSED	29 6 am CROSSFIT Community Led 12pm CROSSFIT Community Led 515pm CROSSFIT	30 6am COBE Bootcamp - Community Led 12 pm COBE Bootcamp - Community Led 515 pm COBE Bootcamp	31 6am 9am NYE 2025 WOD	1 CLOSED	2 6 am CROSSFIT 12 pm CROSSFIT	3 9am CROSSFIT