

Jan 2025



Schedule subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 CLOSED	2 6 am CROSSFIT 12pm CROSSFIT	3 6 am CROSSFIT 12 pm CROSSFIT XPRESS	4 9 am CROSSFIT
5 CLOSED	6 6 am CROSSFIT 12 pm CROSSFIT XPRESS 515pm CROSSFIT	7 6 am CROSSFIT 515 pm COBE LIFT	8 6 am CROSSFIT 12 pm CROSSFIT XPRESS 515pm CROSSFIT 6:15pm MID WEEK MOBILITY	9 6 am CROSSFIT	10 6 am CROSSFIT 12 pm CROSSFIT XPRESS	11 9 am CROSSFIT
12 CLOSED	13 6 am CROSSFIT 12 pm CROSSFIT XPRESS 515pm CROSSFIT	14 6 am CROSSFIT 515 pm COBE LIFT	15 6 am CROSSFIT 12 pm CROSSFIT XPRESS 515pm CROSSFIT	16 6am CROSSFIT	17 6 am CROSSFIT 12 pm CROSSFIT XPRESS	18 9 am CROSSFIT
19 CLOSED	20 6 am CROSSFIT 12 pm CROSSFIT XPRESS 515pm CROSSFIT	21 6 am CROSSFIT 515 pm COBE LIFT	22 6 am CROSSFIT 12 pm CROSSFIT XPRESS 515pm CROSSFIT 6:15pm MID WEEK MOBILITY	23 6 am CROSSFIT	24 6 am CROSSFIT 12 pm CROSSFIT XPRESS	25 9 am CROSSFIT
26 CLOSED	27 6 am CROSSFIT 12 pm CROSSFIT XPRESS 515pm CROSSFIT	28 6 am CROSSFIT 515 pm COBE LIFT	29 6 am CROSSFIT 12 pm CROSSFIT XPRESS 515pm CROSSFIT	30 6 am CROSSFIT	31 6 am CROSSFIT 12 pm CROSSFIT XPRESS	

Jan 2 to 7, 2025 - COBE REIGNITE DAYS - FREE CLASSES FOR MEMBERS
JAN 8 to 31, 2025 - 10 in 21 CHALLENGE!