

July 2024



Schedule subject to change

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