

Nov 2025



Schedule subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9am CROSSFIT HALLOWEEN WOD
2 CLOSED	3 6 am CROSSFIT 12pm CROSSFIT 515pm CROSSFIT	4 6am COBE Bootcamp 12pm COBE Bootcamp 515 pm COBE Bootcamp	5 6 am CROSSFIT 8am - 10am OPEN GYM 415pm - 515pm OPEN GYM 530pm Teens High Performance	6 6am OPEN GYM 12 pm LIFT & SWEAT 515pm CROSSFIT	7 6 am CROSSFIT 12pm CROSSFIT	8 9am - 11am CROSSFIT "CHAD" Partner or Solo
9 CLOSED	10 6 am CROSSFIT 12pm CROSSFIT 515pm CROSSFIT	11 6am COBE Bootcamp 12 pm COBE Bootcamp 515 pm COBE Bootcamp	12 6 am CROSSFIT 8am - 10am OPEN GYM 415pm - 515pm OPEN GYM 530pm Teens High Performance	13 6am OPEN GYM 12 pm LIFT & SWEAT 515pm CROSSFIT	14 6 am CROSSFIT 12 pm CROSSFIT	15 9am CROSSFIT
16 CLOSED	17 6 am CROSSFIT 12pm CROSSFIT 515pm CROSSFIT	18 6am COBE Bootcamp 12 pm COBE Bootcamp 515 pm COBE Bootcamp	19 6 am CROSSFIT 8am - 10am OPEN GYM 415pm - 515pm OPEN GYM 530pm Teens High Performance	20 6am OPEN GYM 12 pm LIFT & SWEAT 515pm CROSSFIT	21 6 am CROSSFIT 12 pm CROSSFIT	22 9am CROSSFIT
23 CLOSED	24 6 am CROSSFIT 12pm CROSSFIT 515pm CROSSFIT	25 6am COBE Bootcamp 12 pm COBE Bootcamp 515 pm COBE Bootcamp	26 6 am CROSSFIT 8am - 10am OPEN GYM 415pm - 515pm OPEN GYM 530pm Teens High Performance	27 6am OPEN GYM 12 pm LIFT & SWEAT 515pm CROSSFIT	28 6 am CROSSFIT 12 pm CROSSFIT	29 9am CROSSFIT
30 CLOSED						