

Oct 2024



Schedule subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	1 6 am CROSSFIT 7 am CROSSFIT XPRESS 515 pm COBE LIFT - NEW SERIES STARTS! This one for 2 MONTHS.	2 6 am CROSSFIT 12 pm CROSSFIT XPRESS 515pm CROSSFIT	3 6 am COBE LIFT NEW SERIES STARTS! This one for 2 MONTHS. 515 pm OPEN GYM	4 6 am CROSSFIT 12 pm CROSSFIT XPRESS	5 9 am CROSSFIT
6 CLOSED	7 6 am CROSSFIT 12 pm CROSSFIT XPRESS 515pm CROSSFIT	8 6 am CROSSFIT 7 am CROSSFIT XPRESS 515 pm COBE LIFT	9 6 am CROSSFIT 12 pm CROSSFIT XPRESS 515pm CROSSFIT *NEW*6:15pm MID WEEK MOBILITY	10 6 am COBE LIFT 515 pm OPEN GYM	11 6 am CROSSFIT 12 pm CROSSFIT XPRESS	12 9 am CROSSFIT Community Led
13 CLOSED	14 9 am THANKSGIVING MONDAY HIKE (RUCK) the FIELDS	15 6 am CROSSFIT 7 am CROSSFIT XPRESS 515 pm COBE LIFT	16 6 am CROSSFIT 12 pm CROSSFIT XPRESS 515pm CROSSFIT *NEW*6:15pm MID WEEK MOBILITY	17 6 am COBE LIFT 515 pm OPEN GYM	18 6 am CROSSFIT 12 pm CROSSFIT XPRESS **COBE TURNS ONE BIRTHDAY BASH**	19 9 am CROSSFIT
20 CLOSED	21 6 am CROSSFIT 12 pm CROSSFIT XPRESS 515pm CROSSFIT	22 6 am CROSSFIT 7 am CROSSFIT XPRESS 515 pm COBE LIFT	23 6 am CROSSFIT 12 pm CROSSFIT XPRESS 515pm CROSSFIT *NEW*6:15pm MID WEEK MOBILITY	24 6 am COBE LIFT 515 pm OPEN GYM	25 6 am CROSSFIT 12 pm CROSSFIT XPRESS	26 9 am CROSSFIT COSTUME WOD
27 CLOSED	28 6 am CROSSFIT 12 pm CROSSFIT XPRESS 515pm CROSSFIT	29 6 am CROSSFIT 7 am CROSSFIT XPRESS 515 pm COBE LIFT	30 6 am CROSSFIT 12 pm CROSSFIT XPRESS 515pm CROSSFIT	31 6 am COBE LIFT		