



CLASS SCHEDULE

effective November 1, 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30 CrossFit	5:30 CrossFit	5:30 Strength	5:30 CrossFit	5:30 CrossFit	
		6:00 CrossFit	6:00 Strength	6:00 CrossFit	6:00 CrossFit	
		7:00 CrossFit	7:00 CrossFit	7:00 CrossFit	7:00 CrossFit	
9:30 CrossFit						9:15* CrossFit
10:30 Mobility						
	12:00 CrossFit	12:00 CrossFit	12:00 CrossFit	12:00 CrossFit	12:00 CrossFit	10:45 Strength
						10:45 Open Oly
	4:30 CrossFit		4:30 CrossFit	4:30 CrossFit		
			5:00 Strength			5:00 Strength
	5:30 CrossFit	5:30 CrossFit	5:30 CrossFit	5:30 CrossFit	5:30 CrossFit	
		6:00 Strength	6:00 CrossFit	6:00 W-Lifting	6:00 W-Lifting	
			6:30 Strength	6:30 CrossFit		6:30 CrossFit
			7:00 W-Lifting	7:00 CrossFit		
	7:30 CrossFit	7:30 CrossFit		7:30 Strength		

Class schedule is subject to change due to holidays and special events. For accurate up-to-date information, visit crossfitboston.com/schedule.

* one hour and fifteen minute class