

CrossFit ECF Schedule							
Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
6:00:00 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
7:00:00 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		OCR Training
8:00:00 AM	CrossFit 101	CrossFit 101	CrossFit 101	Open Box	Open Box	Oly Lifting	OCR Training
9:00:00 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit Team WOD Free Class	Open Box
10:00:00 AM	Open Box	Open Box	Open Box	Open Box	Open Box	CrossFit Team WOD	Strong Man Open Box
11:00:00 AM	Open Box	Open Box	Open Box	Open Box	Open Box	Free Intro Class	Open Box
Box Closed 12-4PM							
PM							
4:00:00 PM	CF Kids	CF Kids		CF Kids			
5:00:00 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
6:00:00 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
7:00:00 PM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
8:00:00 PM	CrossFit	CrossFit	CrossFit	Gymnastics / Nutrition	Dance Cardio / ROM WOD		
9:00:00 PM	CrossFit & CrossFit 101	CrossFit & CrossFit 101	CrossFit & CrossFit 101				
<u>BX # 201-854-8585</u> <u>Mobile 732-485-9848</u>							