		Cro	CrossFit ECF Schedule	nedule			
Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
6:00:00 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		
							OCR
7:00:00 AM	CrossFit	CrossFit	CrossFit	CrossFit	CrossFit		Training
8:00:00 AM	CrossFit 101	CrossFit 101	CrossFit 101	Open Box	Open Box	Oly Lifting	OCR Training
MA 00:00:0	+100000	+i3002)	+13-2-0-2-0	COSCEI	÷:	CrossFit Team WOD	you do
9.00.00 AIVI	CLOSSFIL	CLUSSFIL	CLUSSFIL	CLOSSFIL	CIOSSFIL	רו כב כומאא	Open box
10:00:00 AM	Open Box	Open Box	Open Box	Ореп Вох	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		
	CrossFit	CrossFit & CrossFit	CrossEit				
9:00:00 PM	101	101	&CrossFit 101				
BX # 201-854-8585 Mobile 732-485-9848							