



RALEIGH CROSSFIT TRAINING SCHEDULE

RALEIGH CROSSFIT

MONDAY - FRIDAY

6:00 am — 7:00 am
9:30 am — 10:30 am
11:30 am — 12:15 pm
4:00 pm — 5:00 pm
5:00 pm — 6:00 pm
6:00 pm — 7:00 pm
* 7:00 pm — 8:00 pm

**No 7:00 pm class on Friday*

SATURDAY

9:00 am — 10:00 am
10:30 am — 11:30 am

SUNDAY

9:00 am — 10:00 am

CROSSFIT KIDS (ages 5-9)

TUESDAY & THURSDAY

4:30 pm — 5:15 pm

CROSSFIT TEENS (ages 10-15)

TUESDAY & THURSDAY

5:15 pm — 6:00 pm

BARBELL CLUB / PLATFORM

MONDAY - FRIDAY

9:00 am — 10:30 am
3:30 pm — 7:30 pm

SUNDAY

8:30 am — 10:00 am

OPEN GYM

MONDAY - FRIDAY

10:30 am — 11:30 am

SUNDAY

8:30 am — 10:00 am

FREE TRIAL DAYS

THURSDAY

6:00 am — 7:00 am
9:30 am — 10:30 am
4:00 pm — 5:00 pm
5:00 pm — 6:00 pm
6:00 pm — 7:00 pm
7:00 pm — 8:00 pm

SATURDAY

10:30 am — 11:30 am

DROPPING IN?

Email info@raleigh-crossfit.com or call 919.229.4075 for details