

The following Operating Hours are Trainer lead classes consisting of 5 to 25 participants in each hour slot listed below. The hour slots that are not listed below are the times that Back Cove CrossFit will be closed.

There will be no more than 60 people in the gym at one time during classes.

Operating Hours for Back Cove CrossFit:

Sunday: Closed.

Monday: 6:00am - 7:00am, 9:00am - 10:00am, 12:00pm - 1:00pm, 4:30pm - 5:30pm, 5:30pm - 6:30pm, 6:30pm - 7:30pm.

Tuesday: 6:00am - 7:00am, 9:00am - 10:00am, 12:00pm - 1:00pm, 4:30pm - 5:30pm, 5:30pm - 6:30pm, 6:30pm - 7:30pm.

Wednesday: 6:00am - 7:00am, 9:00am - 10:00am, 12:00pm - 1:00pm, 4:30pm - 5:30pm, 5:30pm - 6:30pm, 6:30pm - 7:30pm.

Thursday: 6:00am - 7:00am, 9:00am - 10:00am, 12:00pm - 1:00pm, 4:30pm - 5:30pm, 5:30pm - 6:30pm, 6:30pm - 7:30pm.

Friday: 6:00am - 7:00am, 9:00am - 10:00am, 12:00pm - 1:00pm, 4:30pm - 5:30pm, 5:30pm - 6:30pm

Saturday: 8:15am - 9:30am, 9:30am - 10:30am.