



CROSSFIT



Winter 2019

Stronger. Faster. Together.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30am-6:25am	5:30am-6:25am	5:30am-6:25am	5:30am-6:25am	5:30am-6:25am
CROSSFIT <i>Jay</i>	CROSSFIT <i>Gabby</i>	CROSSFIT <i>Thomas</i>	CROSSFIT <i>Gabby</i>	CROSSFIT <i>Jay</i>
7:00am-7:55am	7:00am-7:55am	7:00am-7:55am	7:00am-7:55am	7:00am-7:55am
OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM
8:30am-9:25am	8:30am-9:25am	8:30am-9:25am	9:30am-10:25am	9:30am-10:25am
CROSSFIT <i>Thomas</i>	CROSSFIT <i>Thomas</i>	CROSSFIT <i>Thomas</i>	CROSSFIT <i>Thomas</i>	CROSSFIT <i>Thomas</i>
12:00pm-12:55pm	12:00pm-12:55pm	12:00pm-12:55pm	12:00pm-12:55pm	12:00pm-12:55pm
CROSSFIT <i>Thomas</i>	CROSSFIT <i>Thomas</i>	CROSSFIT <i>Thomas</i>	CROSSFIT <i>Thomas</i>	CROSSFIT <i>Jay</i>
1:00pm-4:55pm	1:00pm-4:55pm	1:00pm-4:55pm	1:00pm-4:55pm	1:00pm-8:00pm
OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM	OPEN GYM
5:00pm-5:55pm	5:00pm-5:55pm	5:00pm-5:55pm	5:00pm-5:55pm	
CROSSFIT <i>John</i>	CROSSFIT <i>Gabby</i>	CROSSFIT <i>John</i>	CROSSFIT <i>Gabby</i>	
6:00pm-6:55pm	6:00pm-6:55pm	6:00pm-6:55pm	6:00pm-6:55pm	
CROSSFIT <i>John</i>	CROSSFIT <i>Gabby</i>	CROSSFIT <i>John</i>	CROSSFIT <i>Gabby</i>	
7:00pm-7:55pm	7:00pm-7:55pm	7:00pm-7:55pm	7:00pm-7:55pm	
CROSSFIT <i>John</i>	CROSSFIT <i>Gabby</i>	CROSSFIT <i>John</i>	CROSSFIT <i>Gabby</i>	

**Stoughton's ONLY
CrossFit Box!**
Drop-ins Welcome



Complimentary 3 Day Pass

First Time Visitors Only.
Must be 18+ Years of age and a
local resident with a valid photo
ID. Please see club for details.

CLASS RESERVATION REQUIRED

Book 1 DAY AHEAD at
www.CrossFitKumba.com



CLUB HOURS

Monday-Thursday: 4:30am—11:00pm
Friday: 4:30am - 9:00pm
Saturday /Sunday: 5:30am - 6:00pm/5:00pm

KIDS CENTER HOURS

Monday-Friday: 8:30am - 11:30am
Monday-Thursday: 5:00pm - 8:00pm
Saturday & Sunday: 8:00am - 11:30am

1519 Central St.
Stoughton, MA 02072
www.elitefitcenter.com
www.crossfitkumba.com
781-297-0979



At **CrossFit Kumba** we strive to be extraordinary.

At our core we value safety, education, fundamentals, and instruction.

CrossFit Kumba is a community of athletes, families, and friends that are dedicated to living each day fully.

