



CROSSFIT



Winter 2019

Stronger. Faster. Together.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am-6:25am CROSSFIT Jay	5:30am-6:25am CROSSFIT Gabby	5:30am-6:25am CROSSFIT Thomas	5:30am-6:25am CROSSFIT Gabby	5:30am-6:25am CROSSFIT Jay	Stoughton's ONLY CrossFit Box! <i>Drop-ins Welcome</i>	
7:00am-7:55am OPEN GYM	7:00am-7:55am OPEN GYM	7:00am-7:55am OPEN GYM	7:00am-7:55am OPEN GYM	7:00am-7:55am OPEN GYM		
8:30am-9:25am CROSSFIT Thomas	8:30am-9:25am CROSSFIT Thomas	8:30am-9:25am CROSSFIT Thomas	9:30am-10:25am CROSSFIT Thomas	9:30am-10:25am CROSSFIT Thomas		
12:00pm-12:55pm CROSSFIT Thomas	12:00pm-12:55pm CROSSFIT Thomas	12:00pm-12:55pm CROSSFIT Thomas	12:00pm-12:55pm CROSSFIT Thomas	12:00pm-12:55pm CROSSFIT Thomas	9:00am-10:10am CROSSFIT Thomas	
1:00pm-4:55pm OPEN GYM	1:00pm-4:55pm OPEN GYM	1:00pm-4:55pm OPEN GYM	1:00pm-4:55pm OPEN GYM	1:00pm-8:00pm OPEN GYM		
5:00pm-5:55pm CROSSFIT John	5:00pm-5:55pm CROSSFIT Gabby	5:00pm-5:55pm CROSSFIT John	5:00pm-5:55pm CROSSFIT Gabby	<p>7 DAY PASS</p> <p>*7 Day Pass excludes 5pm, 6pm, Saturday, & Open Gym Classes www.CrossFitKumba.com</p>		
6:00pm-6:55pm CROSSFIT John	6:00pm-6:55pm CROSSFIT Gabby	6:00pm-6:55pm CROSSFIT John	6:00pm-6:55pm CROSSFIT Gabby			
7:00pm-7:55pm CROSSFIT John	7:00pm-7:55pm CROSSFIT Gabby	7:00pm-7:55pm CROSSFIT John	7:00pm-7:55pm CROSSFIT Gabby			



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.

