



CLASS SCHEDULE

NEW BRUNSWICK

401 JERSEY AVENUE • NEW BRUNSWICK, NJ • 08901

CROSSFIT

5:45AM - 6:45AM MON/WED/FRI
9:30AM - 10:30AM MON - FRI
4:00PM - 5:00PM MON - FRI
5:00PM - 6:00PM MON - FRI
6:00PM - 7:00PM MON - FRI
7:00PM - 8:00PM MON - FRI
8:00PM - 9:00PM MON/WED

9:00AM - 10:00AM SAT

FREE TRIAL

7:00PM - 8:00PM WED
11:00AM - 12:00PM SAT

YOGA

8:00AM - 9:00AM SAT

ATHLETE CAMP

10:00AM - 11:00AM SAT/SUN

OPEN GYM

6:00AM - 7:00AM MON/WED/FRI
11:00AM - 12:00PM SUN

FUNDAMENTALS

8:00PM - 9:00PM TUE/THUR

SOUTH PLAINFIELD

25 DAVIS STREET • SOUTH PLAINFIELD, NJ • 07080

CROSSFIT

5:45AM - 6:45AM MON/WED/FRI
9:30AM - 10:30AM MON - FRI
4:00PM - 5:00PM MON - FRI
5:00PM - 6:00PM MON - FRI
6:00PM - 7:00PM MON - FRI
7:00PM - 8:00PM MON - FRI
8:00PM - 9:00PM MON/WED

9:00AM - 10:00AM SAT

FREE TRIAL

7:00PM - 8:00PM WED
11:00AM - 12:00PM SAT

CROSSFIT LITE

10:00AM - 11:00AM SAT/SUN

OPEN GYM

6:00AM - 7:00AM MON/WED/FRI
11:00AM - 12:00PM SUN

FUNDAMENTALS

8:00PM - 9:00PM TUE/THUR

**Programs and class times are subject to availability and changes. Please direct any scheduling questions to info@crossfitstealth.com*