



CROSSFIT SEEF

est. 2014

Our Schedule

SUN-THU

4:00pm - 5:00pm

5:00pm - 6:00pm

6:00pm - 7:00pm

SUN-MON-WED-THU

10:00am - 11:00am (Ladies only)

1:00pm - 2:00pm

7:00pm - 8:00pm

SATURDAY

10:00am - 11:00am