BFIT CROSSFIT

Speed & Agility Class Schedule

Tuesday & Thursdays @ 5:30pm

Saturdays @ 12pm

*Please contact us before showing up for a class. Thank you!

Speed & Agility Pricing

3 packages – $70 per/package
- 12 instructional day pass

3 packages – $50 per/package
- 8 instructional day pass

Speed & Agility + Crossfit
3 packages – $100 per/package
- unlimited instructional day pass

Family & group pricing avaliable upon request

Please check out of Sport Performance program also!