



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
MORNING						MORNING		
5:30am	<b>W.O.D</b>	<b>W.O.D</b>	<b>W.O.D</b>	<b>W.O.D</b>	<b>W.O.D</b>			
						8.30am	<b>W.O.D</b>	
9:15am	<b>W.O.D</b>	<b>W.O.D</b>	<b>W.O.D</b>	<b>W.O.D</b>	<b>W.O.D</b>	10.00am	<b>ON-RAMP BEGINNERS</b>	
AFTERNOON						AFTERNOON		
4:00pm		<b>CROSSFIT KIDS *</b>		<b>CROSSFIT KIDS *</b>				
4:30pm	<b>W.O.D</b>	<b>W.O.D</b>	<b>W.O.D</b>	<b>W.O.D</b>	<b>W.O.D</b>			
	<b>OPEN BOX</b>	<b>OPEN BOX</b>	<b>OPEN BOX</b>	<b>OPEN BOX</b>	<b>OPEN BOX</b>			
5:30pm	<b>W.O.D</b>	<b>W.O.D</b>	<b>W.O.D</b>	<b>W.O.D</b>	<b>W.O.D</b>			
6:30pm	<b>OLY LIFTING</b>	<b>ON-RAMP BEGINNERS</b>	<b>OLY LIFTING</b>	<b>ON-RAMP BEGINNERS</b>				

**ON-RAMP BEGINNERS**

At Strand CrossFit, we believe in technique first followed by intensity so those joining CrossFit who have had no or minimal exposure to the sport can join in a way that is going to be safe, fun and non-intimidating. Our On-Ramp Program is a 12 week program. It involves 12 sessions over four weeks, with each session focusing on a different component of CrossFit. This program is designed to have you finish the 12 sessions in four weeks, with the remaining eight weeks to progress into the regular daily WOD!

**W.O.D**

Featuring the W.O.D (Workout of the Day) this is our main class. We utilize everything from gymnastics to weightlifting and a whole host of functional movements. Our workouts aim to Increase General Physical Preparedness in everyone from the Elite Athlete to those looking to lose some weight and have fun whilst doing it. All fitness levels welcome as we offer various scaling options!

**ADVANCED COMP TRAINING**

**ACT** is your chance to take your training to the next level. With more advanced programming, featuring Olympic lifting advanced gymnastic skills and intense metabolic conditioning. The sessions are designed to improve volume and overall performance in CrossFit. *Do not do the regular class before this, as programming may feature advanced versions of the daily WOD.*

**OLY LIFTING**

A program designed for all level of CrossFitters. Whether you're new, and want to learn the art of Olympic lifting or a seasoned lifter looking to hone your technique. Oly Lifting focuses on the Clean, Jerk and Snatch, using progression and skill based drills that help teach and improve your lifts.

**CROSSFIT KIDS**

The CrossFit Kids program (5-16 years) offers a variety of functional movements which involves activities that are fundamental to all things that kids need to do when they play; pull, push, run throw, climb, lift and jump. Run during the school term; contact the Office for more details. *\*Times vary depending on age.*

\* Disclosure STRAND CROSSFIT timetable is subject to change weekly