



Strand CrossFit Christmas Timetable

15th December 2014 – 4th January 2015

**Disclosure STRAND CROSSFIT timetable is seasonal and subject to change*

	TIME	Monday 15 th Dec	Tuesday 16 th Dec	Wednesday 17 th Dec	Thursday 18 th Dec	Friday 19 th Dec	Saturday 20 th Dec	Sunday 21 st Dec
WEEK ONE	5:30am	W.O.D	W.O.D	W.O.D	W.O.D	W.O.D		
	8:30am						W.O.D	
	9:15am	W.O.D	W.O.D	W.O.D	W.O.D	W.O.D		
	4:30pm	W.O.D	W.O.D	W.O.D	W.O.D	W.O.D		
		OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX	OPEN BOX		
	5:30pm	W.O.D	W.O.D	W.O.D	W.O.D	W.O.D		
	6:30pm	OPEN BOX	ON RAMP	OPEN BOX				
	TIME	Monday 22 nd Dec	Tuesday 23 rd Dec	Wednesday 24 th Dec	Thursday 25 th Dec	Friday 26 th Dec	Saturday 27 th Dec	Sunday 28 st Dec
WEEK TWO	5:30am	W.O.D	W.O.D	Christmas Eve	Christmas Day	Boxing Day		
	8:30am						W.O.D	
	9:15am	W.O.D	W.O.D					
	4:30pm							
	5:30pm	W.O.D	W.O.D				W.O.D*	
	6:30pm							
	TIME	Monday 29 th Dec	Tuesday 30 th Dec	Wednesday 31 st Dec	Thursday 1 st Jan	Friday 2 nd Jan	Saturday 3 rd Jan	Sunday 4 th Jan
WEEK THREE	5:30am	W.O.D	W.O.D	New Years Eve	New Years Day	W.O.D		
	8:30am						W.O.D	
	9:15am	W.O.D	W.O.D				W.O.D	
	4:30pm							
	5:30pm	W.O.D	W.O.D			W.O.D	W.O.D	
	6:30pm							

Christmas Eve will be a joint WOD with Strand Fitness Bootcampers