



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>	
						10.00am	<b>ON-RAMP BEGINNERS</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>			
AFTERNOON						AFTERNOON		
4:30pm		<b>CROSSFIT KIDS (ALL AGES)</b>		<b>CROSSFIT KIDS (13-16 YRS ONLY)</b>				
	<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>SUPER OPEN BOX</b>	<b>ON-RAMP BEGINNERS</b>	<b>SUPER OPEN BOX</b>	<b>ON-RAMP BEGINNERS</b>				
		<b>OPEN BOX</b>		<b>OPEN BOX</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!

**OPEN BOX**

The Open Box class provides time for all experienced CrossFitters the opportunity to work on any skills/weaknesses that may need further development or complete any W.O.D's missed throughout the week. Please be aware an instructor will be present, however there will **NOT** be any strict supervision.

**SUPER OPEN BOX**

Our newest program, giving you the opportunity to come in and work on your skills and weaknesses under supervision of our coaches! Your Coach will be there to make up WOD's, assess your current workout regime, show you new mobility drills and give you tips and ideas on all things CrossFit! **This is NOT Open Box!**

**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 only. Please contact Reception for pricing.

\* Disclosure STRAND CROSSFIT timetable is subject to change weekly