



CROSSFIT TIMETABLE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
MORNING						MORNING		
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	10.00am	ON-RAMP BEGINNERS	
AFTERNOON						AFTERNOON		
4:30pm		CROSSFIT KIDS *		CROSSFIT KIDS *				
	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	OLY LIFTING	ON-RAMP BEGINNERS	OLY LIFTING	ON-RAMP BEGINNERS				
		OPEN BOX		OPEN BOX				

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.

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. Please contact the Office.

* Disclosure STRAND CROSSFIT timetable is subject to change weekly