



# WORKOUT SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
5:15am	W.O.D	W.O.D	W.O.D	W.O.D	W.O.D	7:00am	W.O.D	
6:15am	W.O.D	W.O.D	W.O.D	W.O.D	W.O.D	8:00am	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	9:15am		
5:00pm								
5.30pm	W.O.D	W.O.D	W.O.D	W.O.D	W.O.D			

LEASE NOTE: ALL Group Fitness, Group Training & Creche sessions require a booking through Clubfit. No show to any class, session or creche booking will attract a \$5 fee. Upon booking you are agreeing to these terms & conditions. Classes are subject to change with little notice. ALL SF & Stretch classes are accessible to VIP members.

## PUBLIC FB PAGE

To stay connected and share photos



## WOD DIARY / WEBSITE

To preview the WOD



## MEMBERS PAGE

To stay up to date with things happening in the box



**Email**  
info@strandcrossfit.com.au



**Phone**  
(07) 4772 0002



**Address**  
389 Woolcock St., Garbutt 4814

# CLASS DESCRIPTIONS

**PLEASE NOTE:** ALL classes/WODS require a booking through GymVue.  
This timetable is subject to change with little notice.

## W.O.D

Featuring the W.O.D (Workout of the Day) this is our main class. We utilise 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!

## CF KIDS

CrossFit Kids use the foundational movements from the CrossFit training and is tailored to suit kids aged between 5 and 14. We focus on the mechanics of movement to create a well-rounded athletic base, while keeping them engaged and entertained. Our CrossFit kids program considers the relevant developmental milestones of children and provides them with opportunities to engage in learning physical skills, warming up, workout out and playing games. **CF KIDS (KIDLETS)** are for **ages 5 -7 years old**. **CF KIDS (JUNIORS)** are for **ages 8 - 14 years old**. **Teens (14+)** are encouraged to join in the **W.O.Ds**.

**\*CF KIDS ONLY RUNS DURING THE SCHOOL TERMS**

## ON-RAMP

Our **On-Ramp** program is designed so that over the course of 4 weeks you will learn the fundamental movements of CrossFit, as well as get a taste of the Metcon workouts in our fun community environment.

On-Ramp runs 3 days a week with Monday and Wednesday focusing on skills, and the Friday focusing on using those skills learned in a Metcon. These sessions are scheduled at the convenient time of 6:30pm.

At the end of your 4 week block, we also offer you the opportunity to attend the regular WODs for the following 7 days. During this time you can test out the classes and get a feel for our programming. Plus you will have the helping hand of our Coaches to continue to assist you in progressing your skills – and over the duration of your time with Strand CrossFit.

**\* Metcon:** workout that most commonly combines strength and cardio conditioning, as well as both anaerobic and aerobic exercises.

## STRETCH

Is a slow-paced class where you will increase flexibility while relaxing. Whether you are a beginner or an athlete, this class will help you minimise pain, improve function and boost the effectiveness of your workout routine.

**\*THIS CLASS IS A VIP CLASS**



### STAFFED HOURS

Monday - Thursday | 5.30 am to 8.00pm  
Friday | 5.30am to 7.00pm  
Saturday - Sunday | 8.00am to 4.00pm

### CRECHE HOURS

Monday to Friday (Morning) | 9.00am to 11.30am  
Monday to Thursday (Afternoon) | 4.00pm to 7.30pm  
Saturday (Morning) | 8.00 am to 11.30am



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