

# 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	
9:15am	W.O.D	W.O.D	W.O.D	W.O.D	W.O.D	8:00am	W.O.D	
4.30pm	W.O.D	W.O.D	W.O.D	W.O.D	W.O.D			
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 Clubfit. 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**

## Fast Track:

Our Fast-Track program is great for those who need a little flexibility in their schedules or even who have a decent foundation of skills and may not require as in-depth of a beginners program.

Fast Track includes 3 sessions with our Coach to go through the fundamental skills of CrossFit and ensure that you are prepared to safely enter the regular WODs. This is a one-on-one program, or you can get a few friends together with you to lower the cost – however in doing this you must all be attending the same scheduled sessions with the coach.

The flexibility of Fast Track means that you can organise with the Coach when your scheduled sessions will be, that means you pick which time and what days. At the end of these 3 sessions, you will also receive a 7 day pass to attend the regular WODs so that you can test out the classes and the programming.

## 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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