Courtice CrossFit Class Schedule

	Mon	Tue	Wed	Thur	Fri	SAT	SUN
6:00 am					Open Floor		
9:00 am	Open Floor	Open Floor	Open Floor	Open Floor	Open Floor	Open Floor	YOGA
10:00 am							
12 noon	Open Floor	Open Floor	Open Floor	Open Floor	Open Floor	Open Floor	Open Floor
3:30 pm					Open Floor	Sign up Required	Kids ages 7-9
4:30 pm					Open Floor	Open Floor	SPIKE BALL
5:30 pm	Dry Land Training or Open Floor / Open Floor or Dry Land Training			YOGA		Open Floor	Open Floor
6:30 pm					Open Floor	Open Floor	Open Floor
8:00 pm					Open Floor		

Reebok CrossFit GAMES OPEN

During the 5 weeks of the 2020 CrossFit OPEN. We will be programming these specific WOD's,*20.1-20.5* Everyone welcome to join!

Intro

Book your FREE Intro class! Anyone curious & looking for a challenge or interested to learn about CrossFit and how it will benefit them should start here!

Kids ages 7-9

Kids ages 7-9 are welcome to join in a fun ***Athletic Challenge.*** Fundamentals of basic movements are tought thru activities & exercise.

Regular **W.O.D**, *(workout of the day)* Follow our daily elite programming for maximum gains thru our structured and calculated coaching techniques.

YOGA

Sore? Bored? Need stress relief? Tight hips, hamstrings, ...everything? Need to increase your mobility, a quicker recovery? **YOGA, YOGA, YOGA!**

Open Floor

Floor is **OPEN*** to CrossFit members. Practice general improvements of skill, strength or performance. *(instructors may* or *may not be present)*

*Open Floor times may be used by *Dryland* bookings at times

Sign up Required

Early or Late Classes are available with a min participation of (3) people. To register for these classes you must *Sign Up* by 6pm the day before.

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FORGING ELITE FITNESS CrossFit