



WORKOUT SCHEDULE 2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5.30am	W.O.D	W.O.D	W.O.D	W.O.D	W.O.D	7.00 am	W.O.D
6.30am	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		
6:30pm							

ON-RAMP BEGINNERS

At CrossFit Tropics, 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 4-week program. It involves 6 sessions over two weeks, with each session focusing on the fundamental movements of CrossFit PLUS 2 weeks of CrossFit W.O.D's. Each session focusing on a different component of CrossFit. This program is designed to get you ready to attend the regular W.O.D. (Workout of the Day).

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! Our coaches are here every step of the way to guide you and help you not only to reach your fitness goals but smash them!

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 TIMETABLE

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
5.30am	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			
6:30pm								

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 Beginner Program involves 12 sessions over 4 weeks, or we also offer our 'Fast Track' program which includes 3 one on one sessions with a Coach. Each session focusing on a different component of CrossFit. This program is designed to get you ready to attend the regular W.O.D. (Workout of the Day).

W.O.D

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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.

**Disclosure STRAND CROSSFIT timetable is subject to change weekly*

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STRAND CROSSFIT HOURS
 MONDAY - FRIDAY - 5:30AM - 7:30PM*
 SATURDAY - 7:30AM - 11:30AM*

*CLASS SESSION TIMES ONLY

CALL US TODAY
4772 0002

STRAND CROSSFIT IS LOCATED:
 BOWLS CLUB
 8 THE STRAND
 4810 TOWNSVILLE