

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00am	CrossFit	Oly Lifting	CrossFit	CrossFit	CrossFit
9:30am	CrossFit	Oly Lifting	CrossFit	CrossFit	CrossFit

3:45pm	Kids		Kids		
4:15pm	Teens		Teens		
5:00pm	CrossFit		CrossFit		

infused
 CrossFit - Occupational Therapy - Personal Training

CrossFit Class – This is the class where you will become the fittest in you life. Using GYMNASTICS (body weight movements), WEIGHTLIFTING (using kettlebells, barbells, medicine balls, strong man equipment and others) and RUNNING, ROWING, SKIPPING, CYCLING.

Oly Lifting- This class will be the breakdown of the Olympic lifts, the Snatch and Clean and Jerk, for improve efficiency and performance. Perfect for beginners and advanced lifters.

Kids 6-12 years- This class is for kids looking for fun and exciting way to get fit with CrossFit. This class is 30 minutes and involves skill development and GAMES.

Teens 13- 16 years- This class is the step before joining the adult’s class. The teens that participate will get fit, strong, fast and have the extra fitness edge at their sport or at school.