

Bengkel CrossFit SOUTH Full Day Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
06:00	CrossFit ALL Levels	CrossFit ALL Levels	CrossFit ALL Levels	CrossFit ALL Levels	CrossFit ALL Levels		
07:00	Fundamental	Fundamental	Fundamental	Fundamental	Open Gym		Power Hour
08:00		Open Gym		Open Gym		Heavy Metal	09:00 Open Gym
09:00							10:00 Open Gym
10:00						CrossFit Endurance	
11:00	Fundamental		Fundamental				
12:00	CrossFit ALL Levels		CrossFit ALL Levels		CrossFit ALL Levels		
17:00	Power Hour		Open Gym		Power Hour		
18:00		CrossFit ALL Levels		CrossFit ALL Levels	CrossFit ALL Levels		
19:00	CrossFit ALL Levels		CrossFit ALL Levels				
20:00		CrossFit ALL Levels		CrossFit ALL Levels			

CROSSFIT ALL LEVELS: Constantly varied of high intensity functional movements class for all members. New athletes are welcome.

CROSSFIT FUNDAMENTALS: A structured class that introduces new athletes to all of the basic movements most frequently contained in CrossFit workouts. Everyone who purchased at trial pack and all members are eligible to attend for free.

Power Hour: A powerful class where you experience the push sled, pull sled, running and many others surprises.

CROSSFIT ENDURANCE: Taking advantage of lighter weekend traffic, this session mixes in a solid dose of running in the WoD to spice up your conditioning work.

HEAVY METAL: A strength-focused session. This barbell-bending bonanza will be focused on heavy lifts.

OPEN GYM: Open Gym is available ONLY to members. Athletes need a BCF Coach's approval before they can attend open gym sessions to verify proficiency in CrossFit skills and technique, so that athletes won't hurt themselves. Athletes should use Open Gym hours to work on elusive skills (i.e. Double-Unders, Pistols, & Toes-to-Bars), practice and refine olympic lifts (Cleans, Snatches, & Jerks) and perform basic lifts (Squats, Presses, Deadlifts, etc.) to improve strength

BARBELL & OLYMPIC LIFTING SEMINARS: These are private group sessions with 6-10 week developmental programs focused on improving lifting techniques and skills, please contact the front desk to learn more about how to sign up.

SUNDAY RUNDAY: Taking advantage of Car Free Day to log mileage mixed with strength work and mini-test courses to get you ready for Turkey Day Turbo Challenge.