

## Bengkel CrossFit SCBD Full Day Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
05:30	CrossFit ALL Levels	CrossFit ALL Levels	CrossFit ALL Levels	CrossFit ALL Levels	CrossFit ALL Levels	07:30 Met-Con Montage	
06:30	CrossFit ALL Levels	CrossFit ALL Levels	CrossFit ALL Levels	CrossFit ALL Levels	CrossFit ALL Levels	08:30 FitFam CF Kids/Teens	08:00 Mobility
07:30	Open Gym	Mobility	Body by Joe & Fundamental	Fundamental	Open Gym	09:15 Kids Aikido	09:00 Skill Training
08:30	Women's Fitness Class	Morning Rev	Women's Fitness Class	Morning Rev	Women's Fitness Class	10:00 Heavy Metal	
10:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	11:00 CrossFit Endurance	10:30 Hero Wod
11:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	12:30 Aikido Adult	11:30 Fundamental
12:00	CrossFit ALL Levels	CrossFit ALL Levels	CrossFit ALL Levels	CrossFit ALL Levels	CrossFit ALL Levels		11:30 Body by Joe
13:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	14:00 – 16:00 Challenge WOD	
14:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	16:30 Open Gym	
15:00	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym		
16:00	Open Gym	Kids Aikido	Open Gym	Open Gym	Open Gym		
17:00	Cardio Wars	Cardio Wars	Cardio Wars	Cardio Wars	Cardio Wars		
17:45	CrossFit ALL Levels	CrossFit ALL Levels	CrossFit ALL Levels	CrossFit ALL Levels	CrossFit ALL Levels		
18:45	CrossFit ALL Levels	CrossFit ALL Levels	CrossFit ALL Levels	CrossFit ALL Levels	CrossFit ALL Levels		
20:00	CrossFit ALL Levels	Fundamental	Skill Training	CrossFit ALL Levels	Mobility 19:00		
20:00		Aikido Adult		Fundamental			

**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 a trial pack and all members are eligible to attend for free.

**WOMEN'S FITNESS CLASS:** Our Women's class is a one-hour fitness party of fast-paced and fun workout led by our women's team.

**MOBILITY:** One-hour class, with a focus on flexibility, improving range of motion, and the ability to move freely and easily.

**MORNING REV:** 45-minute session focused on body weight movements to build strength, endurance and burn calories. No technical lift movements, a great starting point for anyone on their Fitness and/or CrossFit journey.

**BODY BY JOE:** Is a functional Bodybuilding class on the "Big 4" ( Bench Press, Squat, Deadlift and Overhead Press ) combined with accessory movements. The goal is to target smaller muscle groups and strengthen stabilizing muscles; improving performance and reducing the risk of injury.

**CARDIO WARS:** 45-minute session of rowing and assault bikes designed to improve stamina and burn HUGE calories.

**CROSSFIT SKILLS:** A technical session devoted to improving skills through progressions and drills.

**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.

**#FITFAM:** Fun sessions for kids aged 4-15 with a focus on developing good habits of an active lifestyle through functional training movements and gameplay. Parents welcome!

**MET-CON MONTAGE:** An hour-long adventure in cardio and calorie-burning to kick off your Saturday morning.

**CHALLENGE WOD:** Designed to boost endurance, burn calories, & test determination, using simple but effective movements.

**HERO WOD:** Workouts dedicated to those who lost their lives in the service or defense of others. Typically, the most challenging of all CrossFit workouts, but they may be scaled to accommodate emerging athletes.

**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.

**AIKIDO:** A dynamic and self-defense effective system of throwing, joint-locks, strikes, and pinning techniques.

**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.