



Dual Membership Timetable www.grangefitness.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
CROSSFIT 06:30 - 07:30	CROSSFIT 06:30 - 07:30	ABS BLAST & CYCLE CONDITIONING 06:30 - 07:30	CROSSFIT 06:30 - 7:30	CROSSFIT 06:30 - 07:30	CROSSFIT 08:00 - 09:00	CROSSFIT FOUNDATION 08:00 - 09:00
CROSSFIT 09:30 - 10:30	CROSSFIT 09:30 - 10:30	CROSSFIT 09:30 - 10:30	CROSSFIT 09:30 - 10:30	CROSSFIT 09:30 - 10:30	GYMNASTICS 09:00- 10:00	OLYMPIC LIFTING 09:00 - 10:00
			CROSSFIT 12:00 - 12:45		CROSSFIT 10:00 - 11:00	CROSSFIT HERO WOD 10:00 - 11:00
CROSSFIT FOUNDATION 16:30 - 17:30		CROSSFIT 17:00 - 18:00	CROSSFIT GYMNASTICS FOUNDATION 17:00 - 18:00			
CROSSFIT 17:30 - 18:30	CROSSFIT 17:30 - 18:30	CROSSFIT 18:00 - 19:00	CROSSFIT 18:00 - 19:00	CROSSFIT 17:30 - 18:30		
OLYMPIC LIFTING 18:30 - 19:30	CROSSFIT 18:30 - 19:30	OLYMPIC LIFTING 19:00 - 20:00	STRENGTH & SWEAT 19:00 - 20:30	CROSSFIT 18:30 - 19:30		
CROSSFIT 19:30 - 20:30	CROSSFIT FOUNDATION 19:30 - 20:30	CROSSFIT 20:00 - 21:00				

Open Gym Times
Please see the online
timetable

CrossFit:
CrossFit is a systemised, high-intensity training programme using various cross-training styles: cardio, functional training, gymnastics, strength and Olympic Lifting.

Olympic Lifting:
A technical session for the Olympic lifts. It is a must for CrossFitters wanting to improve their technical skills.

Games Training:
Not just for those competing, but these workouts are based around what you can expect in competitions.

Gymnastics:
Another class to help our CrossFitters improve on the technical aspects of gymnastics.

Abs Blast:
A core-based class centred around functional movement.

Cycle Conditioning:
A class which consists of 30 minutes' conditioning on the air assault bikes!

CrossFit Foundations
This is a session aimed at beginners to CrossFit or anyone wanting to touch up on the basic movements used in CrossFit
Strength & Sweat
A strength section from the weeks programming followed by a sweat workout to finish