

# CROSSFIT MERCHTEM TIMETABLE

Valid from 28/04/25

**CrossFit Merchtem**  
**Kwekelaarstraat 4**  
**1785 Merchtem**

CrossFit: Workout of the day

**Strength Class:** raw strength and strength endurance

**Conditioning Class:** races and obstacle course-style training

**Aerobic capacity:** cardiovascular endurance, intervals and sprints using machines and bodyweight movements

**Weightlifting:** master the Snatch and Clean & Jerk to build strength, power, coordination and mobility

**Mobility:** improves flexibility and range of motion to help you move better and perform stronger

**Gymnastics:** master body control and move efficiently - from basic skills to advanced movements like muscle-ups and handstand walks

**CrossFit KIDS:** fun, safe, and playful workouts for kids and teens that build healthy movement, boost confidence, and support both physical and mental development

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
9							
10		CrossFit	CrossFit	Aerobic capacity	CrossFit	CrossFit KIDS	
11							
12						Gymnastics	Weightlifting
13						CrossFit	CrossFit
14							
15						Team Training	
16							
17	Strength Class						
18	CrossFit	CrossFit	CrossFit	Strength Class	CrossFit		
19	Conditioning Class	Weightlifting CrossFit KIDS	Mobility	CrossFit	Weightlifting		
20		CrossFit	Conditioning Class	Conditioning Class	Aerobic capacity		
21	CrossFit		CrossFit	CrossFit			

Please note : this timetable is subject to changes

Pre-register on wofify for the classes and for the open gym



Gym closed