

# CROSSFIT MERCHTEM TIMETABLE

CrossFit Merchtem

Kwekelaarstraat 4  
1785 Merchtem

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

CrossFit: Workout of the day

**Core:** 30' functional core strength and truck stability

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

**Conditioning Class:** improves endurance, stamina, and overall fitness

**Hyrox Conditioning:** Hyrox-inspired conditioning for race prep or general fitness

**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

Please note : this timetable is subject to changes

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



Gym closed