

CROSSFIT MERCHTEM TIMETABLE

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

Please note : this timetable is subject to changes

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



Gym closed

CrossFit Merchtem
Kwekelaarstraat 4
1785 Merchtem

CrossFit: Workout of the day

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