

CROSSFIT MERCHTEM TIMETABLE

CrossFit Merchtem

Kwelaarstraat 4
1785 Merchtem

CrossFit: Workout of the day

Core: 30' functional core strength and stability

Strength Class: raw strength and muscle endurance

Conditioning Class: improves endurance, stamina, and overall fitness

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

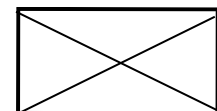
Aerobic capacity: cardiovascular endurance, intervals and sprints using machines and bodyweight movements

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



Gym closed

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

Please note : this timetable is subject to changes

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